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## Sanctuary:Background of Domestic Violence and Sexual Assault Services

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Sanctuary: Background of Domestic Violence and Sexual Assault Services,

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## Abstract

Domestic Violence and sexual assault are extremely dangerous behaviors that are well known in our society, as well as around the world. Studies and research have shown that places of support through agencies can help restore and prevent repeating occurrences as well as support that is needed for growth. Sanctuary is a non-profit agency committed to the provision of preventive and restorative services to victims of sexual assault and domestic violence. Sanctuary has a vision to deliver caring, comprehensive support to victims of personal violence in the nine-county area of Pennyryle Area Development in Kentucky. Sanctuary seeks to empower through crisis intervention, peer support, victim advocacy, and community education. I hope in this paper to express funding for Sanctuary, the reason we need Sanctuary, define details of the organization, and educate about domestic violence and sexual assault.

## Sanctuary: Background of Domestic Violence and Sexual Assault Services

### **History and Timeline of Sanctuary**

Just like with any agency or organization there must be history and a foundation where they start from. Why did they start? How did they start? What was the purpose of their Agency? History is especially important because it shows what they are serving to others, how they are serving others, and why they are serving others. In this in-depth research we will look at Sanctuary as an organization, What they represent, A view of Domestic Violence, and Sexual Assault.

Sanctuary, Incorporated was established as a non-profit organization out of a grassroots concern about the far-reaching societal impact of domestic violence. The original goal was to educate the public about domestic violence and to offer victims of this terrible crime a comprehensive range of services. In December 1982, a walk-in counseling center for spouse abuse victims was established in Madisonville, Kentucky. This center offered 24-hour crisis counseling, individual counseling, court advocacy for victims, information and referral services, and a speaker's bureau for increased public education.

Within one year, the need to expand Sanctuary's services became obvious. In March of 1984, a 12-bed residential shelter was established in Hopkinsville, Kentucky. The interesting fact is this operation is still expanding today in 2021. This shelter provided temporary lodging for abused women and their children in a safe, secure environment. During these early years, Sanctuary primarily offered residential services. In 1987, the agency began to expand its services to a non-residential population. Sanctuary started a support group for victims/survivors, became

a stronger presence offering legal advocacy in district court, and began to provide public education in schools and civic groups.

By 1988, the increase in the number of clients seeking shelter and the number of staff required to serve those clients led Sanctuary's board of directors to move the agency to a larger twenty bed facility. Clients occupied the lower level of this facility and staff occupied the upper level. In that same year, Sanctuary expanded its services further by opening its first outreach office in Hopkins County. In 1989, Sanctuary became a multi-purpose agency with the advent of a job-training program for homeless victims of domestic violence.

In 1992, Sanctuary accepted the challenge of providing crisis intervention services to victims of rape and sexual assault. Sanctuary's Rape Crisis Center was opened in September of that year after Kentucky's General Assembly appropriated \$100,000 to provide the rape program with a staff of two: a sexual assault counselor and a volunteer coordinator. The addition of the rape program resulted in the expansion of crisis line services, information/referral services, public education services and individual/group/family counseling services. In addition, the agency added therapy services, consultation services, medical advocacy, and an organized volunteer program.

In 1995, two additional part time staff members were added to provide these expanded services in their eight outlying counties, and a master's level staff member began to provide support/therapy services in those counties. Outreach services continue to include medical advocacy, legal advocacy, case management, information/referrals, counseling, and weekly support groups.

In 1997, Sanctuary began renovation of a downtown hotel in Hopkinsville. In the fall of 2000, Sanctuary opened this new facility and expanded program services to include six transitional housing units: one handicap unit, two individual occupancy units, two two-bedroom units, and one three-bedroom unit. Most recently, Sanctuary added five permanent housing units in December 2004. ([Who We Are — Sanctuary, Inc. \(thesanctuaryinc.com\)](http://thesanctuaryinc.com))

As of October 1, 2021, Sanctuary offers comprehensive support to victims of personal violence in nine counties. These counties are Caldwell, Christian, Crittenden, Hopkins, Livingston, Lyon, Muhlenberg, Todd, and Trigg. There are 6 Victim advocates that cover the area of these nine counties that provide support and help restore and prevent repeating occurrences as well as emotional support.

### **A Historical Kentucky Perspective of Domestic Violence**

- 1840's Organizing around domestic Violence in the United States begins as parts of the Suffrage movement.
- 1973 The first shelter in the United States for battered women opens in St. Paul, Minnesota
- 1978 The Ywca opens Kentucky's first shelter for battered women in Louisville from federal seed money.
- 1978 Kentucky amends the Adult Protection Act and becomes the first state in the country to require anyone suspecting spousal violence to report the crime to Cabinet for Human Services (now the Cabinet for Health and family services) This also is where "mandatory reporting "started.

- 1979 The Lexington YWCA opened the second shelter for battered women in the commonwealth.
- By the end of 1979, 250 shelters are in existence nationwide.
- 1980- Governor John Brown publicly endorses funding for the development of a statewide network of shelters. This is one per Area development. Representative Gerta Bendl introduced legislation to allow police officers to make warrantless arrests for misdemeanor domestic assaults. The legislation passed but included a compromise provision requiring the victim to sign a statement that the person arrested abused them. If the victim did not sign the accused was released.
- 1981- Kentucky six existing spouse abuse shelters form the Kentucky Domestic Violence Association (KDVA) to advocate on behalf of domestic violence victims.
- 1982- Kentucky Provides over 500,000 dollars in funding to seven existing abuse shelters.
- 1985 Kentucky reaches goal of one shelter per Area Development District

So now that I have opened the complex issue about the history of shelters, and timelines, lets investigate who helps victims. Victim Advocates are trained to support victims of crime. This could be Domestic Violence, Sexual Assault, hate crimes etc. They offer emotional support to explain to the victim what their rights are. It is particularly important for a victim to understand their legal rights. The criminal justice system can be confusing and having someone there to be a guide can be helpful. Think about it a victim must relive trauma to so many people when they share their story. They must keep retelling events that some vital details may get lost in

translation. For example: A victim must file it so most of the time they have to speak to law enforcement. Then if the victim proceeds, they share their story in court for legal justification in front of a judge. Not to mention all the family that is concerned, friends, coworkers and everyone involved in their daily lives. An advocate's job is to help with that story write it down and gather all details to better assist the client that way vital details are not left out. Advocates do all that they can to mitigate the effects of rehashing the trauma for the victim.

An advocate also helps find a variety of resources that they may need and help with paperwork revolving crime related events. Examples of these resources are Housing, Food, medical care, childcare services, Education, therapy services, clothing, etc. A lot of victims are fleeing from situations that leave them with nothing. Sanctuary INC helps with that aspect and helps rebuild lives of victims. Grant writing is a huge help when it comes to funding for Sanctuary. Each advocate works on grants and purposes to best help the program and help fund their county. Below is an example of the importance of Grant writing and what it entails. Funding helps to serve clients and offer means of financial resources to keep our program successful. Without grant funding shelters or outreach services would not exist.

### **Sanctuary Grant Writing Example/ Sanctuary Statistics**

Sanctuary, Inc. is the domestic violence and sexual assault crisis center that serves the nine counties of the Pennyryle Area Development District (PADD): Christian, Caldwell, Crittenden, Hopkins, Livingston, Lyon, **Muhlenberg**, Todd, and Trigg. The agency belongs to the appropriate state coalitions: Kentucky Coalition Against Domestic Violence (KCADV) and Kentucky Association of Sexual Assault Programs (KASAP). Sanctuary's mission is to provide preventative and restorative services to victims of sexual assault and domestic violence by delivering caring, comprehensive support to the victims of personal violence in the nine-county

area of the Pennyrile Area Development District. This project serves only primary and secondary victims of domestic violence and/or sexual assault that reside in Muhlenberg County.

- Sanctuary’s Executive Director is Heather Lancaster. Mrs. Lancaster may be contacted via email at [Heather@thesanctuaryinc.com](mailto:Heather@thesanctuaryinc.com) or by phone 270-885-4572.
- Sanctuary’s current board members include:

Name	County	Term	Affiliation
Bogges, Holly President	Christian	FY 20-22, 2nd Term	Assistant Director – Hopkinsville –Christian County Planning Commission Director – Downtown Renaissance
Talley, Jordan Vice President	Christian	FY 20-22, 2nd Term	Certified Public Accountant – Planters Bank
Grogan, Sandy Treasurer	Christian	FY 20-22, 2nd Term	Vice President – Pennyrile Electric
Baker, Mary Beth Secretary	Trigg	FY 20-22, 2nd Term	Landowner/Farmer
Boyd, Sandy	Christian	FY 20-22, 2nd Term	Certified Public Accountant - English Lacy & Company, PLLC
Clark, Tracey	Christian	FY 20-22, 1st Term	Executive Director – Jennie Stuart Health Foundation
Cummings, Hannah	Hopkins	FY 20-22, 2nd Term	Attorney - Kentucky Legal Aid
Hancock, LaShawnda	Hopkins	FY 20-22, 2nd Term	Licensed Massage Therapist – Blades Salon and Day Spa

Lackey, Jack	Christian	FY 20-22, 2nd Term	Attorney – Deatherage, Myers, and Lackey, PLLC
McGowan, Tonya	Caldwell	FY 20-22, 2nd Term	Allied Health Instructor – Hopkinsville Community College
Owen, William	Christian	FY 20-22, 1st Term	Region 1 Program Manager – Family Resource Youth Service Center
Parker, Terry	Christian	FY 20-22, 2nd Term	HVAC Salesman
Taylor, Tami	Christian	FY 19-21, 1st Term	Office Clerk, Morningside Assisted Living
Tabor, Robin	Lyon	FY 20-22, 1st Term	Secretary – Hopkinsville Electric System
Walden, Morgan	Christian	FY 20-22, 1st Term	Emergency Room Nurse – Jennie Stuart Health

- Sanctuary has thirty-three paid staff and sixteen active volunteers (162.5 hours have been recorded since March 2020) with 120.5 hours directly benefiting Muhlenberg County. Sanctuary’s Muhlenberg outreach location currently has one full time paid employee (Victim Advocate). Sanctuary had one part time employee (Crisis Intervention Advocate) from March 2020 through June 2020.
- Annual Revenue for last fiscal year- \$2,185,894

## **PROJECT EXECUTION:**

A) This year's goal is to expand Hopkins and each counties Outreach office by offering transitional housing. Throughout last year's grant cycle, the need for safe, affordable housing for victims of domestic violence was well documented. Sanctuary, Inc. statistics showed that seventy-eight victims utilized the Hopkins office for assistance in finding stable housing including: emergency shelter, transitional housing, relocation, and/or financial assistance to sustain current housing. From the seventy-eight victims that were provided a housing service, twenty-eight reported being homeless, meaning they were living on the streets, in their car, and/or a hotel paid for by someone else. While some victims only need short term emergency shelter, others face numerous barriers to gain independence from the abuse and require long-term housing assistance along with a variety of support services. Without access to housing options, victims/survivors are often forced to live in substandard conditions, return to an abuser, or face homelessness. After immediate safety is addressed with victims, arrangements for alternative housing will be made based on the individual victim's needs. Transitional housing in Hopkins County will offer structure, support, life skills, education, and other resources to allow survivors time to work on any barriers they face to secure permanent housing, while allowing them to heal from the trauma they have experienced. Sanctuary, Inc.'s Hopkins Advocate is actively collaborating with community partners to establish a safe location for this expansion and anticipates having transitional housing established by the Winter 2021. If this grant is repeated, Sanctuary, Inc. plans to have funding reserved to purchase household items such as furniture, bedding, kitchen and bathroom essentials and other necessities for transitional living. Muhlenberg advocate is still actively developing partnerships with local/private property owners within the community to find affordable housing. Through direct funding from the previous grant

awarded by the Foundation, Hopkins Advocate was fortunate to rehouse seventeen victims fleeing domestic violence. Should there be a need of emergency shelter, Sanctuary staff will arrange for that victim to be housed in the Emergency Shelter in Hopkinsville, KY. While in shelter, staff will continue to work through the county office to ensure that she continue to work on her goals. Shelter is the only service that a County resident would need to travel to receive. All other services will remain onsite at the advocate office.

New requirements for victims to access financial assistance through the grant cycle to avoid financial dependency. See attached Financial Assistance Guideline document. These requirements will apply to survivors of domestic violence/sexual assault and not for victims actively fleeing from an abuser. Survivors needing financial help will be required to complete a minimum of one financial planning session prior to receiving help. Other qualifications for any future financial assistance will require proof of enrollment in one or more of the following interventions: job readiness program, employment/applying for employment, furthering education, enrolled in DV/SA education with an advocate, and/or participating in group counseling or therapy services. Hopkins Advocate plans to partner with local banks for clients to be able to open savings accounts and receive one-on-one credit recovery resources. Sanctuary, Inc. would also like to offer incentives to survivors that are actively participating in group and/or individual counseling services. Data through Sanctuary's shelter shows that offering incentives to victims increases participation in group counseling services.

When at-home orders were put in place in March of 2020, to help prevent infection, many victims were trapped with their abusers. Sanctuary, Inc. immediately started to prepare for an increase in demand for services. However, most domestic violence and sexual assault agencies across the state experienced the opposite. Sanctuary's crisis hotline number of calls

dropped by more than 25%. Statistics show that rates of intimate partner violence had not decreased, but that victims were unable to safely connect with services. Closures of schools and childcare facilities made it almost impossible for children to reach out for help as well. Victims not having access to a computer, phone, and/or home internet made it extremely difficult to communicate virtually. Due to the pandemic, Sanctuary, Inc. now offers majority of services virtually including, legal advocacy, case management, support groups, and therapy. In the past, Sanctuary, Inc. has not offered financial assistance to victims/survivors that were unable to afford home internet, as it was not considered a necessity. If this grant is awarded, funding would be reserved as a supportive service need and used for financial assistance for home internet on an as needed basis.

Hopkins advocate recently connected with staff at the UK Extension office about partnering to provide group cooking classes to teach victims how to cook healthy, non-expensive meals, while setting a realistic grocery budget. An incentive for this group session would be a grocery gift card. Other incentives would consist of phone cards for those victims completing virtual support groups, gas cards for the others that participate in person and purchasing refreshments for groups sessions. Each Advocate also plans to partner with the Central City Wellness Center to provide victims with a Self Defense course and offer free exercise passes as another incentive. Warrior Martial Arts in Madisonville has offered free self-defense classes to Sanctuary clients to help with self-defense and self-care routines. A new partnership was recently made with Pennyroyal Mental Health-KY Moms MATR program to begin sharing our resources and services with the mothers we work with. Victim Advocate and KY Moms MATR coordinator are discussing ways to collaborate virtual classes to offer topics on domestic violence, safety, and healthy relationships.

Since March of 2020, 166 victims (adults and children) in Hopkins County have benefited from individual counseling services. Statistics show that 282 services were provided for emergency financial assistance throughout this grant cycle. These supportive services include rent assistance, housing relocation, transportation vouchers, job readiness tools, legal and medical advocacy/documents, utilities assistance, substance abuse assessments/placement, other educational programs, and food/household/hygiene supplies. Lack of transportation is still a major concern for victims and survivors working towards reaching their goals. Sanctuary's Advocates partnered with Pennyroyal Allied Community Services, Transportation department to provide reliable transportation for Sanctuary clients to be transported to and from all goal related appointments. Sanctuary, Inc. plans to continue to allocate grant funding to be utilized for client transportation needs.

Sanctuary's dedication to the offices outside of Hopkinsville, KY is so great, that through a contract between Sanctuary and Pennyroyal Mental Health Center, one Therapist and one Peer Support Specialist are providing free counseling to clients. Due to the increase in referrals in Muhlenberg County, Sanctuary, Inc. therapist has been traveling to the Muhlenberg office to provide on-site therapy for victims, as well as offering telehealth therapy services. Muhlenberg Advocate will also continue to refer to local agencies for mental health needs.

Next month, Each Advocate, Sanctuary's Executive Director, and Educator will attend Green Dot Community Training and became certified to implement the program. Green Dot is a comprehensive violence strategy that depends on the power of bystanders to prevent violence and shift social and culture norms. Green Dot sees all community members as potential active bystanders and seeks to safely engage them in violence prevention. This program stresses the importance of community wide support for violence prevention and employs strategies that

involve restaurants, banks, small businesses, volunteers, and organizations across the social spectrum. Active bystanders do “green dots” by expressing intolerance for violence through both initiative-taking and reactive behaviors.

Last year, Felix E. Martin, Jr. Foundation approved the request of \$12,000 to continue to provide supportive services in Muhlenberg alone, , and \$4500 in additional funding to address COVID 19 emergency needs. Consistency is now a priority. The increasing service numbers show that it is time to expand the County Outreach office and offer additional services. With the expansion, the supportive services should rise with those served. In the past, Sanctuary, Inc. has requested funding for operational cost.

Men, women, and children will benefit from Sanctuary, Inc. services. Statistics show that 161 females and five males were provided individual counseling services during the last grant cycle. Sanctuary anticipates these statistics to increase due to the new community partnerships and adding more virtual communication options. Sanctuary hopes to provide services to two hundred or more victims and/or survivors during this grant cycle.

### **TIMELINE OF ANTICIPATED EVENTS**

Sanctuary, Inc. has partnered with Harbin Memorial Public Library and Muhlenberg County Board of Education and Hopkins County Board of Education to provide community education on domestic violence and sexual assault. Programs addressing mental health awareness, bullying, and substance abuse prevention were purchased from the Kids on the Block organization (a group of puppets that entertain and educate young audiences) and will be aired virtually on March 9<sup>th</sup>, 16<sup>th</sup>, and 23<sup>rd</sup>, 2021. In April, there will be sexual assault awareness events, including participating in Denim Day, Wear Teal Day, and Chalk the Walk. “Coffee and Consent” will be hosted at Greenville’s local shop, inviting the community to come by for a cup

of coffee, and to get to know the advocate and law enforcement that serves their area. Resources will be provided about sexual assault and consent. You Can ART! An Interactive Art Studio will assist in allowing community members to show support by putting their teal painted handprint on a banner that will be displayed in the studio during the month of April. All these events bring awareness in a fun and interactive way throughout the community. Mental Health Awareness Month takes place in May and Sanctuary, Inc. plans to partner with Mental Health Agencies to provide educational materials to the community to bring awareness. "Lunch with Landlords" (an event to explain Sanctuary's housing program to local/private property owners within the community in hopes that more housing will become available for victims) is also scheduled to take place in June. In July, Victim Advocates will provide weekly group education and activities at S.O.A.R. Books N Cream program. Starting in August, Sanctuary staff will begin implementing "It's My Space" education in the middle schools as well as setting up information booths at Back-to-School open houses. During the month of October, Community members will be asked to show awareness by "Breaking the Cycle" of domestic violence through participation in a cycling challenge. "The Clothesline Project," a visual display of shirts with messages designed by survivors to tell their experience, will also be implemented again to show support and bring awareness during Domestic Violence Awareness Month. In December, Sanctuary staff will provide Christmas assistance and food boxes to victims and their families. Also, Sanctuary, Inc. will continue to be an active participant in the World's Greatest Baby Shower, Shop and Share Event at Kroger, the Greater Muhlenberg Chamber of Commerce, and other public events or health fairs. Advocate will continue to participate in monthly County Health Coalition Meetings, Interagency Meetings, and Networking Groups for Advocates offered through the Kentucky Association of Sexual Assault Programs.

Staff make appropriate referrals to local Kentucky partners such as Department of Social Services, Family Resource Centers, Targeted Assessment Specialist, Pathway of Hope, Career Advancement Center, Hope 2 All, Job Corp, Legal Aid, and Pennyrile Allied Community Services.

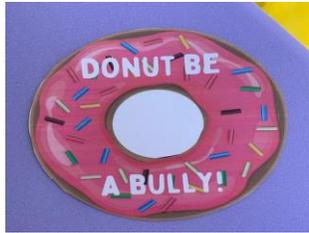
Information will continue to be distributed through public service announcement in local papers, multiple radio stations, Chamber of Commerce, social media, and weekly Sanctuary newsletters. Brochures and written material will be given to human services agencies, local churches, civic organizations, mental health agencies, health departments, hospital, educational facilities, courthouse, and local law enforcement.

Pictures of some of the events that took place in 2020 are listed below:



### **Sexual Assault Awareness Month**

Hope 2 All volunteers supported Sexual Assault Awareness month by wearing the color teal and Muhlenberg County Detention Center participated in Sanctuary's "Chalk the Walk" Event



**S.O.A.R. Books N Cream**

“Donut Be a Bully” (anti-bullying and how to be a good bystander) “How to be a SMARTIE” (importance of internet safety), and “On the inside we are all the same” (diversity)

*Talks With An Advocate*

Join us in one of our weekly Zoom meetings as we...

- discuss services that Sanctuary, Inc. has to offer
- answer any questions you may have about the court process, victim's rights, etc.
- schedule an appointment to meet with an advocate

Visit the link below to sign up for Talks with an Advocate in Muhlenberg County:

[shorturl.at/rCQV1](https://shorturl.at/rCQV1)

**YOU'RE INVITED!!**  
TO ATTEND THE  
**SEEKING SAFETY GROUP**  
SOME TOPICS WE WILL COVER ARE:

- SAFETY PLANS
- ASKING FOR HELP
- SETTING BOUNDARIES
- SUPPORT
- COPING WITH TRIGGERS
- RESPECTING YOUR TIME
- HEALTHY RELATIONSHIPS
- HEALING & ANGER

**EVERY MONDAY @ 1PM**

[HTTPS://ZOOM.US/J/7314160208](https://zoom.us/j/7314160208)  
JUST TYPE IN THE ABOVE ZOOM LINK AND JOIN US!

FACILITATED BY:  
LISA OSBORNE A.P.S.S.  
PLEASE FEEL FREE TO CONTACT ME AT EITHER:  
LOSOSBORNE@PENNYCOTTELCENTER.ORG OR  
LOSOSBORNE@THESANCTUARYINC.COM

**Virtual Communication:**

“Talks With An Advocate” and “Seeking Safety Group” are two new virtual programs offered to allow victims to participate in educational sessions.



**Weekly Sanctuary, Inc Newsletters**

Sanctuary, Inc Community Educator provides weekly newsletters via email to local businesses to share upcoming events and activities

#### **D) COMMUNITY PARTNERSHIPS THAT WILL SUPPORT THIS PROJECT:**

**County Court:** Sanctuary staff provides legal advocacy to vulnerable victims that have filed Emergency Protective Orders and must testify in front of the County's District Judge.

**Department of Community Based Services, Child Protective Services:** protect children that have been sexually molested and/or living in a domestic violence home. Parents are required to completed domestic violence and sexual assault education through Sanctuary if violence in the home is substantiated.

**PACS Transportation:** provide reliable transportation to Sanctuary clients to get to and from goal related appointments.

**PACS CSBG-** provide utility financial assistance, clothing vouchers, and home weatherization.

**Pathway of Hope-** Sanctuary clients are referred for parenting classes and assistance with clothing, shoes, diapers, food, and car seats for their children.

**New Grace Creation Transitional Home:** safe home for clients that do not qualify for Sanctuary's emergency shelter or prefer not to leave Muhlenberg County. Sanctuary will continue to provide monthly domestic violence and sexual assault group education to residents.

**Kentucky Legal Aid:** provides free legal representation for victims of domestic violence and/or sexual assault.

**Muhlenberg/Hopkins County Detention Center:** Sanctuary staff will continue providing weekly domestic violence and sexual assault group education to incarcerated women.

**S.O.A.R. Early Childhood Education Program:** Sanctuary will continue to provide group education and activities to children during Books N Cream summer program.

**County Libraries:** provide community education about domestic violence/sexual assault.

**Central City Wellness Center Warrior Martial Arts:** self-defense classes and exercise group self-smoothing/self-care classes.

**Board of Education in each nine counties:** “It’s My Space” education will hopefully be taught in Middle Schools during the 2021-2022 school year.

**Family Youth Resource Coordinators:** provide resources to children and parents including financial assistance for utilities, clothes, shoes, and hygiene items.

**Owensboro Health Muhlenberg Community Hospital:** notifies Sanctuary staff when there is a rape crisis patient in their emergency room department to be able to provide medical advocacy.

**Career Advancement Center:** helps Sanctuary clients find employment and/or completed G.E.D.

**FUNDS SECURED FOR PROJECT:**

**United Way of the Coalfield** has allocated funds to Sanctuary, Inc. for the past several years. We have reapplied for 2021 campaign and hope to know the awarded amount this Spring. Sanctuary did receive the federal award, Victims of Crime Act (VOCA) grant. Written into the grant request includes the absorption of the rent for the Muhlenberg Office, Victim Advocate salary, advocate travel and training, and office supplies. Therefore, the operational need will only be for office supplies for the local Sanctuary offices office.

**Welfare Work** funding was awarded to all counties in July 2020 and will provide supportive services to eligible Sanctuary clients through June 2021. Welfare to Work is a grant designed to assist clients with dependent children with an annual household income of less than 200% of the Federal poverty line for the household size. Supportive services through this grant include job search assistance, financial counseling/budgeting, childcare assistance, referrals for G.E.D. or secondary education and clothing/shoes for employment.

## **Owensboro Health Muhlenberg Community Hospital**

Without donations provided by community members of all nine counties and Felix E. Martin Jr. Foundations grant, there would be a significant decrease in the supportive services provided to residents/clients of each county. Sanctuary, Inc. is enthusiastic about each county, and they hope to continue their advocacy efforts in increasing the services provided to victims of domestic violence and/or sexual assault and awareness to community members of this rural community with the support of each of our funding sources. Now that we have investigated funding sources for each county, and a little about Sanctuary lets investigate what key words are that Sanctuary fights for Domestic Violence and Sexual Assault.

### **Domestic Violence**

Domestic Violence can be defined as a pattern of behavior in any relationship that is used to gain or maintain power or control over another. Abuse can be physical, mental, emotional, psychological, or simply threatening to injure a person. Incidents of abuse usually happen more than once and can increase in damage as time goes by. Domestic abuse can happen to absolutely anyone of any age, race, sex, religion etc. It can occur in a marriage, a relationship, friendship, family, stranger absolutely anyone. Domestic Violence happens to all social classes and does not depend on your educational level.

In other words, just because you are a single African American woman with a bachelor's degree and own, you are a company does not mean you could not be a victim. The same goes to an Asian man working with the city that that is in a toxic relationship. Domestic violence does not care about what their victim looks like, what the victim has possession wise just how much power they can take.

Now that we know that Domestic Violence is not fussy about their victims lets relate to how Sanctuary helps with Domestic Violence. Let us look at some statistics. Nationwide and our state of Kentucky. NCADV is a valuable source for statistics and information.

NCADV reports that nearly 20 people per minute are physically abused by an intimate partner in the United States. 1 in 4 women and 1 in 9 men experience intimate partner, physical violence, stalking, sexual violence that results in fear of the person, PTSD, and even receiving sexual transmitted diseases. What about the people that have experienced? 1 in 3 women and 1 in 4 men have experienced physical abuse from a partner. This includes slapping, pushing or any physical endangerment. 1 in 7 women and 1 in 25 men have been injured by an intimate partner. 1 in 10 women have been raped by an intimate partner Male victim is unknown.

Kentucky has their own statistics I would like to share. 45.3% of Kentucky women and 35.5% of Kentucky men experience intimate partner physical violence, intimate partner rape and/or rape in their lifetimes.<sup>1</sup> • Kentucky has the 11th highest femicide rate in the United States.<sup>2</sup> • In one day in 2019, Kentucky domestic violence programs served 1,420 adult and child survivors; another 128 requests for services went unmet due to lack of resources.<sup>3</sup> • As of December 31, 2019, Kentucky had submitted 743 domestic violence misdemeanor and no protective order records to the NICS Index.<sup>4</sup> • There were 7,171 active protective orders in the National Crime Information Center for Kentucky in 2015. 5,382 had a disqualifying Brady Indicator. The number of active protective orders in the National Crime Information Center for Kentucky dropped significantly between 2006 and 2015. ([ncadv\\_kentucky\\_fact\\_sheet\\_2020.pdf](#) ([speakcdn.com](#)))

Different states have different laws set aside for weapons and abuse. Although Kentucky statute does not prohibit respondents to protective orders from possessing firearms, judges issuing ex parte and final protective orders in Kentucky may order whatever relief they deem necessary to protect the plaintiffs. This may include prohibiting firearm ownership and requiring respondents to surrender firearms and ammunition in their possession. A separate statute provides the same relief to dating partners. Respondents of final protective orders are prohibited from carrying concealed weapons and must surrender their concealed carry permits to the court or the officer serving the order. This does not include dating partners.

Kentucky can strengthen its laws to protect victims and survivors from firearm-enabled violence by: Prohibiting domestic violence, dating violence, and stalking misdemeanants from possessing firearms; Prohibiting abusers subject to ex parte and final protective orders from possessing firearms; and requiring abusers to surrender any firearms they possess upon becoming prohibited. ([ncadv kentucky fact sheet 2020.pdf \(speakcdn.com\)](#))

Why are firearms laws so important? Because it provides safety to the victims of domestic violence. If the abuser has a weapon, chances are the weapon could be used on the victim to threaten or produce bodily harm. In Earlinton Ky, on August 15, 2020, a young mother was murdered at a local gas station in town in pure daylight. The victim had filed a protective order against her abuser and was seeking custody of her child. The abuser made a rash choice and stalked her to a local gas station where she was getting gas with their child that was under the age of five. He let out a range of shots instantly killing the mother and injuring their child. The mother died moments later, and the child was air flighted to a children's hospitals for her injuries. Reports filed had shown the victim tried for years to escape the abuser and went through the judicial system the abuser was just desperate enough to take matters into his own

hands. Sadly, stories like this take place every day. Victim advocates have an educational curriculum they go by to educate victims.

Survivors Education Counseling is always about the Dynamics of Domestic violence. This helps them understand the levels of Domestic violence there is, describes what is one is, and how to overcome the varieties of abuse. Here is what the overview looks like that we cover over five sessions.

### **Survivors Education Counseling (Individual or Group) Curriculum**

#### **Session One:**

Dynamics of Domestic Violence

- Domestic Violence Overview
- Types of Abuse
- Myths about Abuse
- Cycle of Violence
- The Effects of Domestic Violence on Victims and Survivors including children

#### **Session two**

Healthy Relationships VS Unhealthy Relationships

- Common Indicators of Love Addiction
- 51 Warning Signs
- Healthy Relationship Characteristics
- Equality Wheel
- Characteristics of a Batterer (Predictors of DV, identifying a Potentially Violent Relationship, Men who Batter, and Women who Batter)

### **Session three**

#### Self Esteem and Self-Soothing

- Self Esteem Defined
- Signs of Healthy Self Esteem/Signs of Low Self Esteem
- Self Esteem “Check Up”
- Positive Affirmations/Strengths &Qualities
- Developing Ways to Feel Better: Self-Soothing
- Comfort Strategies

### **Session four**

#### Stress, Anxiety, and Anger Management

- Stress, Anxiety, and Anger Defined
- Stress Test
- Anger Assessment (What sets you off?)
- Anger Do’s and Don’ts
- How to Control Anger- 25 Tips to stay Calm
- Journal Keeping/Goal Planning

### **Session five**

#### Boundaries and Physical Safety

- Types of Personal Boundaries
- Signs of Unhealthy & Healthy Boundaries/Tips for Healthy Boundaries
- Why is it so hard to leave?
- General Safety Tips

- Safety Planning

In each session they meet with a client they go over each session and complete worksheets together. This helps the client learn about Domestic Violence and how they can learn not to let it take over themselves for the future. Let us investigate the types of abuse that are present.

### Types of Abuse

**Abuse- Is** defined as a Systematic pattern of behaviors in a relationship that are used to gain or maintain control and power over another person.

**Physical Abuse** is any intentional act causing injury or trauma to another person by way of bodily contact. Physical abuse is also any forceful or violent physical behavior. Signs of physical abuse is bruises, black eyes, welts, cuts and even rope marks. A lot of signs you could see are broken bones, open wounds, punctures, and untreated injuries in various stages of healing. Signs you could look for is broken eyeglasses, someone being punished or restrained, vulnerable behavior that is changing in a sudden. Other behaviors in this category includes throwing objects at a partner, using threat of a weapon of any kind like guns, knives, rulers, belt, or kitchen utensils.

**Emotional Abuse-** Emotional abuse includes hurting another person's feelings by saying cruel, unfair comments to them and breaking them down emotionally. Examples of emotional abuse is by name calling and cursing and swearing at a person. People use emotional abuse by repeated harassment, interrogation, or degradation. Abusers use attacks on a victim's self-esteem by insults, threatening, controlling their behavior, stalking, criticizing thoughts feelings, opinions, and beliefs. Abusers can use money to keep a victim dependent and become super jealous to

keep a victim nearby. They may also use physical disabilities against a victim and put them down for having a disability.

**Psychological Abuse**- Psychological abuse is any threat to do bodily harm to a partner, a child, a family member, friends, pets, or ones on self this could also be suicide related. Psychological abuse involves not only hurt and anger, but also fear and degradation. The purpose of psychological abuse is to render you emotionally insecure about your own self worth and render you to feel helpless and not able to escape further abuse. Examples of psychological abuse is using threat to punch, hit, slap or harm you. Vague threats such as “you’re going to get it.” “I’m really going to let you have it.” Psychological really affects the mental condition of anyone. Always threatening to hurt someone leaves them with the thought that they will.

**Sexual Abuse**- Sexual abuse is any non-consenting sexual act or behavior on an individual. Examples include a partner forcing sexual activity when NO is being said, when a victim is sleeping, when a victim is criticized sexually, when names as “whore” or “slut” are used. Physically attacking sexual parts of your body with any unwanted touches. A lot of sexual abuse is forcing someone to preform any sexual act that you do not wish to be dealt with. There are cases in where victim is being forced on touching someone with force with an audience. Everyone has a voice and NO means No. No does not mean Yes.

### **Types of Protective Orders**

Protective orders can be critical and crucial to survival safety. Protective orders are an important tool that victims can utilize to obtain feeling safe, and economic security. Court throughout the United States issue protection orders that address, domestic violence, sexual assault, and even stalking. Protective order cases are different from criminal cases. They are intended to prevent

future acts of violence and abuse to the victim. There are two different types of protective orders. The first is temporary Protective order. The court may issue an Emergency protective order(EPO) in domestic violence cases or a (TIPO) in dating violence or stalking sexual assault cases. These are short term intended to stop violence and place restrictions on the respondents' actions for 14 days. Domestic Violence orders(DVO) and interpersonal protective orders (IPO) can last up to 3 years. These orders are intended to stop violence and abuse by placing restrictions on respondent after court date. Some ask why file for an EPO or IPO? The respondent must have either physically or sexually abused you. Threatened to harm you or stalk you. Simply done something to place you in fear of imminent physical injury, serious physical injury, or sexual assault.

### **Types of protective acts**

- Domestic Violence and Abuse
- Dating Violence and Abuse
- Stalking
- Sexual Assault

### **Who can obtain a protective order?**

- Family members this includes a spouse, former spouse, parent, child, stepchild, grandparent, grandchild, or any person living in the same household as a child if the child is the victim.
- Members of an unmarried couple includes members of an unmarried couple who have a child together or are formally living together.
- Adult of behalf of a minor for domestic violence and sexual assault

- A dating relationship between two individuals who have had a romantic or intimate relationship
- Victim of sexual assault
- Victim of stalking

### **Who can be protected?**

- Protection can be requested for oneself, children, or other persons you believe may need protection
- If you are an adult and believe a child needs protection but you do not you may file a petition for the child.
- If you are under the age of eighteen, an adult may file a petition for you.

### **Where can you file a protective order?**

- Visit the office of Circuit court Clerk in your County.
- Police Department after hours.

### **What if the respondent violates the protective order?**

- Call the police they may be able to arrest them.
- Go back to the court that issued the protective order and ask that the respondent be held in contempt of court.
- Go to the county attorney office and see if the abuser can be charged with a crime for violating the public order.

### **Survivors Experience multiple types of traumas**

Many survivors may have experienced many different types of traumas over the course of their lives. When they talk about the ways that these experiences can place people at increased risk for harm, they do so with acknowledgment that the responsibility for violence, abuse and harm is

always of the person causing harm. It is critical to ensure that survivors are not blamed for the abuse they have experienced. Emotional distress or psychiatric disability can also affect a person's ability to protect him/herself. One common form of psychological protection in the face of trauma is dissociation. Dissociation is a way of checking out mentally and emotionally when physical escape is not possible. Dissociation can also interfere with our ability to recognize danger signals or set safe boundaries.

If a person has experienced trauma in their lives, they may not have learned that they have a right to protect themselves from harm. For some survivors and their communities, the burden of trauma may wear down both individual and community protective factors. It is important to make sure their expectations match where each survivor is at a particular point in time so they can start where they and their children are, in beginning to restore some of what has been eroded or taken away. There are many factors that can increase the effects of trauma, including things like: personal resilience, external supports, protective caregiver responses, secure attachments, positive system responses, economic security, supportive communities, creative engagement, cultural and spiritual connections, political activism, and social change. All of these named factors highlight the need for responses that are collective as well as individual.

Insidious trauma is the microtrauma of daily experiences of objectification, dehumanization, and discrimination based on race, gender, class, caste, sexual orientation, religion, and etc.,. Being tuned to the ranges of types of trauma people experience can help us become more sensitive and better able to partner with people in ways to offer help to their experiences.

### **Impact of Childhood Trauma of Domestic Violence**

Let us look at some statistics first. 3.3 million children in the United States, between the ages of 13-17 years old, are yearly at risk to witnessing domestic violence. Children in homes where

domestic violence occurs are abused at a rate of 1500% percent than the national average in the general population. Ninety percent of the children are aware that the violence is directed towards their mother. When women are murdered by their abusers 90% of the time the children are at home. Two thousand children die each year by violence and 140,000 more are seriously injured. Older children have been found to be frequently assaulted when they attempt to save a parent. Domestic Violence is the single greatest leading cause in child abuse.

There are impacts of **childhood trauma**. These impacts are cognition, physical health, emotions, relationships, mental health, behavior, and brain development.

- Cognition could lead to poor academic achievement and difficulty problem solving daily problems.
- Physical health could lead to sleep and eating disorders. A poor immune system and shorter life span.
- Emotions is huge for such a little mind. These could affect difficulty controlling emotions, trouble recognizing emotions. The child could have shame and guilt of the abuse they observed and have lack of self-sufficiency.
- Relationships in life are important to your social aspect. With poor understanding of social interactions this could leave the child to isolate themselves. Having problems forming relationships with peers could affect the lives of the child.
- Mental health is what so many people struggle with. Mental health could lead to depression, anxiety, Post traumatic stress disorder, and negative self-image.
- Behavior could lead to social withdrawal and aggression. This could lead to acting out sexually, drug and alcohol use and illegal activity.

- The final is brain development. Although children are small brain development is huge. Trauma could cause them to have a smaller brain size, impaired stress response and changes in gene expression. Every child who is exposed to domestic violence reacts differently, but most of the common signs is a child being emotionally affected. This affects infants with excessive crying and fussing. The infant could be hard to console. Toddlers/and preschools with slower motor responses and general madness and sadness towards others. Elementary age children by extreme shyness and regressive behavior. Adolescents by acting out in property destruction, frequent physical complaints, cruelty to animals, aggressive behavior, and lack of involvement. As you can see the older a child moves the stages of life the more aggressive, they can become from watching Domestic Violence around them.

### **Sexual Assault and Violence**

What is Sexual Violence? Sexual Violence is anytime a person forces, coerces or manipulates a person into doing unwanted or harmful sexual activity. He or she has committed sexual abuse. Consent is the critical issue and has two parts of it. The first part is actual agreement to any act. The second part is by someone who is legally competent to give consent. This includes minors and under the age of 18 years old. Silence is not consent. Sometimes a victim is put in a situation where they are scared, disoriented, or shocked to fight back or say no. Sexual violence is perpetrated in many forms including attacks(rape), intimate contact without consent(child molestation) and nonphysical aggression (stalking).

Sexual abuse is shockingly common. 1 in 6 U.S women and 1 in 33 men have experienced attempted or completed rape as a child or adult. In Kentucky alone, 1 in 9 adult women has been raped in their lifetime and that totals to 175,000. The totals are shocking but

true. This estimate does not include alcohol, or drug relation to the assault. Most offenders are males 99.6% of women and 85.2% are raped by males. Sex offenders commonly prey on people they know. Sixty-five percent of sexual assault victims knew the offender. This could be a friend, acquaintance, intimate partner or relative. Most survivors do not seek professional help which leads to problems in the future with mental issues and relationship problems.

Threats, physical assaults, and isolations are the weapons most used by sex offenders. Eighty-five percent of female victims are raped in a private setting where there is no help for them. Forty percent are physically assaulted and fear someone close to them may become harmed next. Offenders have used traditional weapons such as guns, knives, and physical violence. Sex offenders target people who cannot protect themselves. Most rape victims are under the age of eighteen. They also prey on people with developmental disabilities, physical disabilities, and elderly who are fragile. Many offenders target people who are impaired by alcohol and drugs. Most of the time the perpetrator is also under the influence.

Sexual Violence has dramatic long-term impacts. Survivors are at a greater risk for mental health problems than those who have not been sexually assaulted. Thirty-one percent of rape survivors develop post-traumatic stress disorder. Thirty percent live with severe depression. 33 % have serious suicidal thoughts at random times in their lives. Long term physical impacts are frequently related to sexual violence such as sexually transmitted diseases, unplanned pregnancy, eating disorder, sleep disorders, and the use of excessive alcohol and drugs.

Behavioral changes that may suggest sexual violence in adults and children could start with fear of certain people or places. If someone has a total mood change around someone. Chances are there is a reason. If eating habits change or sleeping patterns look different. If a

person becomes suddenly moody or withdrawals from lives activities. A person may have problems facing their peers and develop problems with intimacy.

In children changes may be more severe. They can cling to a parent, regress back to an earlier stage of life. They feel safer going back to when they were younger and start sucking their thumb or needing diapers. Children can develop inappropriate sexual behavior and use sexual terms from parts of their body. They can develop aggressive behavior and masturbate or turn to animal cruelty. Victims may need medical attention for assorted reasons regardless of how the severe the attack was. They may be feeling in shock, have internal or external injuries, exposed to STD, (Sexually Transmitted Diseases), and possibly be pregnant. Medical attention may include a sexual assault exam. These exams are paid for by state funding if law enforcement has been notified. Children 13 years and younger can be examined at the Children's advocacy centers.

A Ky State Police Sexual Assault Evidence Collection kit will be used if its 96 hours of the time of assault. Victims should always remain in control of the exam and have every right to refuse anything that make them feel uncomfortable. A Victim advocate should respond in a comforting way. They could say "I believe you." "I am glad you told me." "You are safe". "I am sorry it happened to you." Referring a victim to a rape crisis center helps provide victim centered support and advocacy to survivors of sexual violence. These services could include accompaniment to court or medical visits, information and referrals, counseling or therapy, assistance with financial claims and much more. Sanctuary INC provides all these services to victims in all the nine counties we serve, Kentucky's mandatory abuse reporting requires that abuse, neglect, and exploitation be reported when the child is under 18 years of age.

**What must be reported?** Any abuse of children this includes sexual contact or interaction between a child and an adult is abusive. This includes any time an adult uses, permits or encourages sexual stimulation with the child. Sexual abuse may include a wide range of behavior including but not limited to:

- Exposure to Pornography
- Genital Exposure
- Intimate touching, fondling or penetration
- Masturbation of a child
- Sexual Exploitation

For the purpose of reporting abuse “adult” specifically includes spouse and any other person who “because of mental or physical dysfunction and is unable to manage his own resources to carry out the daily living and means to protect themselves. This includes marital rape, coerced participation in pornography, prostitution, and sexual violence.

**Where can someone report abuse? (Based on the State of Kentucky)**

- **Abuse Hotline 1-800-752-6200**
- **Local Cabinet for Health and Family Services**
- **Any local law enforcement agency**
- **Kentucky state Police**
- **Local Commonwealths Attorney**
- **Local County Attorney**

Please note that reporting is NOT required in all sex crimes, only when there is present abuse of a “child” or “vulnerable adult”. In all other cases the victim should have the choice to decide whether to report or not to.

People cope with circumstances in a variety of ways. They are trying to adapt to sudden changes or a change of life that is before them. Sometimes a victim's behaviors may appear troubling, self-destructive to others, but completely normal for the victim suffering. Every person is different and faces circumstances in life differently than others. Ways to help a victim recognize and build their strengths are.

- Demonstrate respect for them
- Prioritize safety even safety plan
- Listen actively and carefully
- Support and encourage them
- Minimize the potential for setbacks
- Maintain self-care and self-awareness

Many family members and close friends can experience secondary trauma. This is simply after hearing the details of the incident this is like them experiencing it for themselves. It is important that family and friends be given information, support, and encouragement to help their own feelings of trauma. This will help them be there to assist the victim in anything they need.

### **How can family and friends help?**

- Listen actively but not in a pushy manner
- Believe the victim and do not judge their story
- Be supportive and encourage them in their next steps
- Recognize their needs through their emotions
- Support by finding constructive and adaptive ways to manage responses
- Give the victim the control over choices they need to make
- Let the victim decide if they should report the crime or not

- Remember a victim is more than a victim, they are friend family, parent, sister aunt, grandmother, mom etc.
- Reassure you do not look at them differently
- Practice good self-care and help with their roles if therapy is needed

Until recently, the extent and impact of sexual abuse in our society has not been very vocalized. Sexual abuse often was not reported because people feared their abusers and a repeat of abuse. Sexual abuse is still active in our society and now is recognized as a severe problem. As increased abusers are prosecuted, more victims are actively coming forward to report the crimes. Many school districts have started campaigns to raise students' awareness about unhealthy touching and how to respond to feeling uncomfortable about the situation,

Coping and healing are always facilitated by good nutrition, sleep , exercise, and minimal use of substances that alter their thinking process, feeling or bodily functions. Knowledge and information are helpful to all survivors, especially information from Rape Crisis Center where they can participate with individual and group sessions when responses affect safety or interfere with everyday lives. Some of the most important ways to help victims is to acknowledge and normalize emotional responses to educate the victim.

### **What are some common emotional responses to sexual violence?**

- **Anxiety**- this is excessive worry or extreme fear beyond what is considered normal. Ways to help is assist the victim in identifying ways to feel safe. **How can you help?** Yoga, meditation, and relaxation may help. Listen and encourage conversations talking about anxieties. GO their pace because everyone manages trauma differently.
- **Shame**- may be profound and lead to withdrawal, isolation, depression, and suicidal thoughts. **How can you help?** Ways to help are open and non-judgmental when talking

about sexual violence-do not avoid it. Reminding the survivor that sexual assault is a crime of power. Allowing the survivor to have as much power in the situation as possible over information related to the assault.

- **Depression, Sadness and Grief**- Depression is extremely common among survivors of sexual assault. Though it may be severe and overwhelming others may minimize it. Depression can lead to suicidal thoughts, or other behavioral issues. Grief can result from loss of control, loss of trust in others and the world, loss of self confidence and loss of happiness. **How can you help?** Educate the survivor about signs of depression and grief. Take their thoughts seriously especially if its social. Listen closely to them talk and encourage them to talk about depression and grief. Remove guns, weapons, and objects from their possessions to reduce potential acting on social thoughts. Always take thoughts and feelings seriously.
- **Guilt**- Survivors often feel guilty for having somehow caused the violence. They may also feel guilty for causing their family and friends pain and suffering , for having changed, or not being able to enjoy certain things in life. **How can you help?** Acknowledge feelings of guilt without dismissing them as irrational, as dismissal can strip away any sense of control and leave one feeling more vulnerable. Help identify strengths within them and understand that the victim oversees things in their own way. Meet them when they are in their situation. Reinforce that the perpetrator is truly responsible for the violence, and the risky behavior in the situation. Support groups can be recommended to help them channel their feelings.
- **Anger**- Anger can be beneficial, especially as a motivator, as a counter of depression and by helping the ensure that the victim does not take full responsibility of the events that

happened. **How can you help?** Normalize feelings to them of anger and even rage.

Identify to them positive releases, such as mediation, physical exercise, or deep breathing techniques. Identify who the anger is directed towards and talk to them to see if they are feeling revengeful.

- **Shock or disbelief-** Shock is often the first response to the event or may be delayed. It can be paralyzing and can appear thwart progress in coping and healing. Disbelief is often seen as a sign of denial and is unhealthy. **How can you help?** Efforts to help the survivor should be gentle, slow, and supportive. Never pushy. Meet the survivor where they are at acceptance and comprehension of what happened to them. Do not force them to face any reality for which they are not ready. Help the survivor to understand what happened to them in a safe, supportive, and gradual way.
- **Sense of Stigma-** This is feeling “different” marked, dirty or worthless. Survivors often feel they were targeted. This may allow the survivor to feel a sense of control over the situation and not be at the mercy of complete randomness. Though it may seem illogical, it may be strongly felt by the survivor. **How can you help?** Educate the survivor that this is common and a normal reaction. The victim should always be treated with respect and never as less important as others.
- **Increased Anxiety and over protection of others-** Survivors often generalize their experience and feel that both they and those they care about are suddenly more vulnerable. This anxiety is understandable, but may go to extremes, and cause problems with children and spouses if the survivor becomes so overprotective that activity is restricted. **How can you help?** Help develop plans to allow loved ones to let the survivor know that they are okay when doing things that cause anxiety. Examples could be calling

them on the phone, text messages, and discussing schedules. By helping a victim, distinguish between common concerns and things that they be overly sensitive to because of the assault.

- **Negative outlook/Altered Pessimism world view**- Survivors often feel that the world is neither friendly, nor benign after severe trauma, especially one of a personal or intimate nature. Survivors often become cynical. Negative, and pessimistic as a result, a reaction that friends, family, and colleagues can find very disturbing and frustrating. Again, this is a way of trying to explain what happened and serves as a purpose. **How can you help?** Do not try to infect the survivor with happiness or optimism- they have a legitimate reason to be skeptical. Acknowledge to them there are terrible things in the world, but there are also good things. Validate the right to feel pessimistic, but also assert an alternative worldview. Responding positively to negative thinking identifies positive contributions. This helps be a role model and let them know that what they feel is important and validated. Be alert to any signs of severe depression or suicidal ideation.
- **Disturbances in the thought process**- Poor concentration, “spacing out,” intrusive thought, and preoccupation. Often occurs in response to a trigger of something that reminds the victim consciously or unconsciously of the violation. This can also have a profound effect on the daily functioning, and interactions, and must be dealt with as quickly as possible to avoid additional problems (Examples are loss of job, relationship, friendship, elevated risk behavior) **How can you help?** Educate the survivor that this is a common response, and they are not going crazy. Encourage the use of “thought blocking” For example , a survivor can visualize a stop sign and focus on the details of the sign-

color, letters, shape, etc. Focusing on the details of the “neutral symbol” can help in regaining emotional and cognitive control.

- **Loss of trust**- Loss of trust in self- not trusting one’s own judgement and feeling that somehow one missed cue that might have warned of the assault. Lost of trust in others is a direct result of the betrayal experienced by the assault. While these responses are understandable, they can be extremely damaging to a survivor functioning, coping, and healing. **How can you help?** Demonstrate that you trust the survivor’s judgement- ask her/his opinion, praise good decisions, ask for thoughts on important matters. Help the person identify one person they can trust with pieces of information. Being reliable for a victim is huge. Always let them know they can count on you and never make promises you cannot keep. Trust is huge for them.
- **Heightened Awareness and sensitivity to strangers**- A means of trying to reign control and minimize the potential for any additional trauma. They may experience hyper-vigilance which is a super heightened awareness of and constant monitoring of the surroundings around them. Some people experience Exaggerated startle response- this is an extreme reaction to sensory stimuli. For example, they get startled by loud noises or simply being touched slightly on the shoulder. **How can you help?** Ways to help is educating the survivor and normalize these responses when they occur. You can avoid any sudden movements and actions as much as possible. Be sensitive to environmental triggers that could provide flashbacks of the assault.
- **Sleep Disturbance**- There are different elements in sleep disturbance. Hypersomnia this is sleeping too much especially during the day. Insomnia which is the inability to sleep at all. Changing in sleep schedule- this is where you stay up all night and sleep all day. The

last is Inability to sleep in a certain place. (Having to sleep in a chair in the living room verses the bed in their room. **How can you help?** Help develop good sleep routines. This would be a regular time for bed and avoiding things that would make it hard to sleep. Like watching scary movies caffeine, or anything upsetting. Encourage healthy eating habits, exercise, and practice relaxation techniques. Discourage use of substances as sleeping or waking aids and describe how these worsen sleep disturbance.

- **Avoidance, isolation, and Withdrawal-** Physical, emotional, and cognitive is a feeling that even the victim is physically present , his/her mind is elsewhere and they are not connecting to the surroundings. **How can you help?** Identify the people and activities victims find most comfortable around. You can help develop a plan for getting out/and seeing at least one different person a day. Refer them to rape crisis centers or other sexual assault agencies, hotlines, support groups, or internet resources to minimize feelings of stigma.
- **Eating Disturbance-** Overeating- some use food and eating as a means of coping. This includes compulsive eating. Undereating- some completely lose their appetite or desire for food. This may include anorexia. Some that experience trauma feel the need to alter their appearance some believe they want to become thinner or heavier to decrease victimization. **How can you help?** Ways to help is stress that nutritious food is essential for feeling well emotionally. The reminder that sexual violence is a crime of power, and the appearance usually has extraordinarily little to do with being a victim. Help the victim develop a plan for healthier living over time. Smaller meals through the day, identify healthy snacks, etc. Refer the victim to a professional that is experienced in eating disorders and trauma.

- **Aggressive behaviors-** Survivors sometimes attempt to exert control over the environment, including other people. This is especially common among children, adolescent, and male survivors. Aggression can be verbal and physical and directed at self, others, animals, objects, property, or a combination. Sometimes one can have sexually aggressive behavior or fire setting, especially in children or adolescents. **How can you help?** Do not ignore the aggressive behavior- acknowledge it in a matter of fact and nonjudgmental way. Maintain clear, consistent, and firm boundaries and rules-avoid yelling avoid any physical contact and never hit back. Refer any sexually aggressive behavior to an experienced professional(and law enforcement.)
- **Self-Injurious Behavior-** Sometimes survivors do things to themselves that are harmful, including pick at their skin, cut themselves, or hit and bang their bodies. This is often seen in children and adolescents but can be seen in adults. Sometimes this manifests as engaging in risky behavior or situations that may leave the survivor vulnerable to additional sexual assaults or violence. **How can you help?** Acknowledge the problem and its seriousness- this will not go away on its own. Without intervention, it can lead to infection or other medical complications. Help the victim identify when the self-injurious behavior occurs and find other ways to cope. For example, discuss other ways to express emotions, such as talking to a trusted person, writing in a journal, using art or music or exercise for an alternate release. Make sure harmful items are out of sight. Examples of knives, blades, gun, scissors, and sharp items.
- **Substance Abuse-** The use of legal and illegal substances may increase as a means of self-medication and numbing mechanism. Prescribed medications can be beneficial; survivors should work with health care professionals experienced in treating survivors of

sexual violence to avoid misuse. Over the counter medication and other use of substances can lead to increased avoidance, numbness, depression, anxiety, and unintentional addiction. Substance use can also increase a sense of powerlessness. **How can you help?** Support efforts to avoid misuse of substances and help to identify alternative ways of coping. Explain that withdrawal from or discontinued use of substances may exacerbate cognitive, emotional, or behavioral responses.

- **Changes in sexual desire-** There may be a lack of interest in or avoidance of both sexual and non-sexual intimacy. This may manifest as increased interest in intimacy or sex as promiscuity. It very well may not manifest until the future for children or adults. **How can you help?** Refer the victim to appropriate health and medical resources for birth control and safe sex information, Assist the survivor in identifying ways to become more comfortable with intimacy. Examples, are going slow, changing environmental conditions, and the use of the word” NO” or stop if they feel uncomfortable.
- **Radical changes in appearance-** This may be seen as a means of protection from further assaults. They view it as if they are not attractive the assault will not happen again. This can include, weight gain, weight loss, changing hair color, cutting hair, piercings, tattoos, and different types of clothing. While these changes may not be harmful, sometimes they can cause later regrets, and these changes may reinforce poor self-image and other emotional symptoms. This also reflects a more complicated issue around feeling powerlessness and what victims can do in the future to protect themselves. **How can you help?** Identify other means of self-protection. Examples self defense classes, safety measures, and safety plans. You can always develop a plan for making

radical changes that involves a waiting period between the time they decide to do something and the pros and cons that can be weighed first.

Because sexual violence involves the use of sexual contact to exert power and control, it often affects both sexual and non-sexual intimacy, including the development of relationships of new friendships and romantic relationships. Resuming intimacy will be different for every survivor but should be a process that happens in a way that is comfortable for the survivor and that has been mentioned in this paper seldomly allows the victim to be in control of their situation.

### **Male Victims of Sexual Assault**

Commonly you will see women come forth with sexual assault allegations. Males are also victims also. Male survivors often deal with cultural bias to an even greater extent than females. Males frequently report feeling that they are not believed, taken seriously, judged, or assumed to be homosexual and treated disrespectfully. Many males report feeling isolated, even among advocates, since the context is often the larger movement to end violence against women. Other special issues for males' survivors may be related to the term "vulnerability" as a feminine characteristic. Male victims may feel ashamed for not feeling "macho" and could not stop the violence. If sexual violence occurred during youth, male survivors may exhibit more high-risk behaviors, including alcohol and drug use, behavior, and legal problems, use of prostitutes, unprotected sex, a high number of sexual partners or suicide. Some males fear that if it is talked about their sexual orientation would be questioned or "worry about being gay" if their bodies responded to it during the assault.

It is essential that male victims be helped to understand that neither vulnerability nor physical response is related to sexual orientation. Male victims just like women should be given

all the respect, support, and attention. Professionals must equally be vigilant about not perpetuating cultural myths or stereotypes that men can not be raped. There are more sexually assault cases against males than are reported by providing good services to male victims and taking these crimes seriously is one way to encourage men to speak out.

### **Marital Rape**

Sexual Violence is often perpetrated in the context of intimate relationships , and as a part of a larger picture of physical and emotional abuse. In such cases, survivors may not identify their experiences as “rape” but still experience many of the same responses as other survivors. It may help to tell survivors that marriage does not mean that one person becomes the property of another or eliminate ones right to make choices about sexual intimacy. Instead in Kentucky laws prohibiting sexual violence also is defined as “marital rape.”

Survivors assaulted by an intimate partner may also be concerned about:

- Dangers of future violence( physical, emotional, and sexual)
- Living arrangements for their families
- Economic realities of financial support
- Family safety
- Wellbeing of their family

Because Domestic Violence often escalates when victims are trying to escape or seek assistance , these concerns must be taken very seriously.

### **Victim Rights**

When victim’s rights are not protected, victims are less likely to report sex crimes, less willing or able to assist with prosecution, and more likely to be physically and or/emotionally harmed because of their involvement of the criminal judicial system. Fortunately, several laws

are available to help ensure the rights of victims are fully protected. Crime Victim rights laws were created to establish “the minimum conduct of criminal justice professionals with respect to crime victims. Victim rights are also protected by laws that protect fundamental rights, such as the U.S Constitution. Criminal Justice professionals must actively work to protect victim’s rights. This includes giving victims information about their rights and how they can be protected. Victims must act to claim their rights, verbally and in writing. KRS421.500-575 (Ky Crime Victim Bill of right) and 42 USC 112 10606 require law enforcement officials and prosecutors to protect victim’s rights and establish that the victims have the right to be:

- Treated with Fairness and respect for the victim’s dignity and privacy:
- Informed of emergency, protective, social, and medical services, crime victim compensation, community treatment programs as well as criminal justice processes
- Accompanied by an advocate to all court proceedings, and allowed to consult with the advocate orally and in writing
- Informed about protection from harassment, intimidation, and retaliation.
- Notified about the arrest of the accused, any court proceedings, and any other important occurrences.
- Informed about registering for VINE System, which provides notice about the release of the offender
- Consulted about the disposition of criminal cases, including dismissal, plea bargaining, pretrial release, or conditions of release.
- Assisted in contacting employers when prosecution requires time away from work
- Given back property held as evidence ASAP

- Heard by the court, by means of a victim impact statement describing the effects of the crime on the victim before the sentencing of the defendant
- Heard by the parole board, by means of a victim impact statement , and notified of parole hearings or release
- To be notified if a conviction is appealed and of any decision by an appellate court
- Represented by a court appointed special advocate , where the victim is a minor or legally incapacitated
- The right to have a speedy trial, where the victim is less than 16 years of age, and the crime is a sexual offense.

#### **Other fundamental rights**

- Right to privacy, refuse to discuss personal information(remain silent) and make certain decisions
- Right to intervene in legal proceedings where one's medical records may be used
- Right to control the use of one's name or identifying information by print, broadcast, or media
- Right to be treated with respect and to be believed, regardless of age, gender, race, marital status, relation to perpetrator, profession, or any other personal factor.
- Right to refuse to submit to polygraph examination without adverse effects on the pending case; and the right to be accompanied by an advocate to any polygraph examination
- Right to protection from further violence or intimidation. Funding for protection by law enforcement may be available through the Victim & Witness Protection.

#### **Vine Court Service**

VINE Court Service VINE Court Service is a free, anonymous, computer-based telephone and e-mail program that provides victims of crime two important services for upcoming court cases: information and notification. This service is available statewide on all misdemeanor and felony cases. You may call the VINE Court Service to hear information on a specific court case. You may register a phone number or e-mail address where you want to be notified when there is an upcoming court hearing or a scheduling change.

**Kentucky Coalition Against Domestic Violence**  
 111 Darby Shire Circle  
 Frankfort, KY 40601  
 Phone: 502-209-5382  
 Fax: 502-226-5382  
 www.kcadv.org

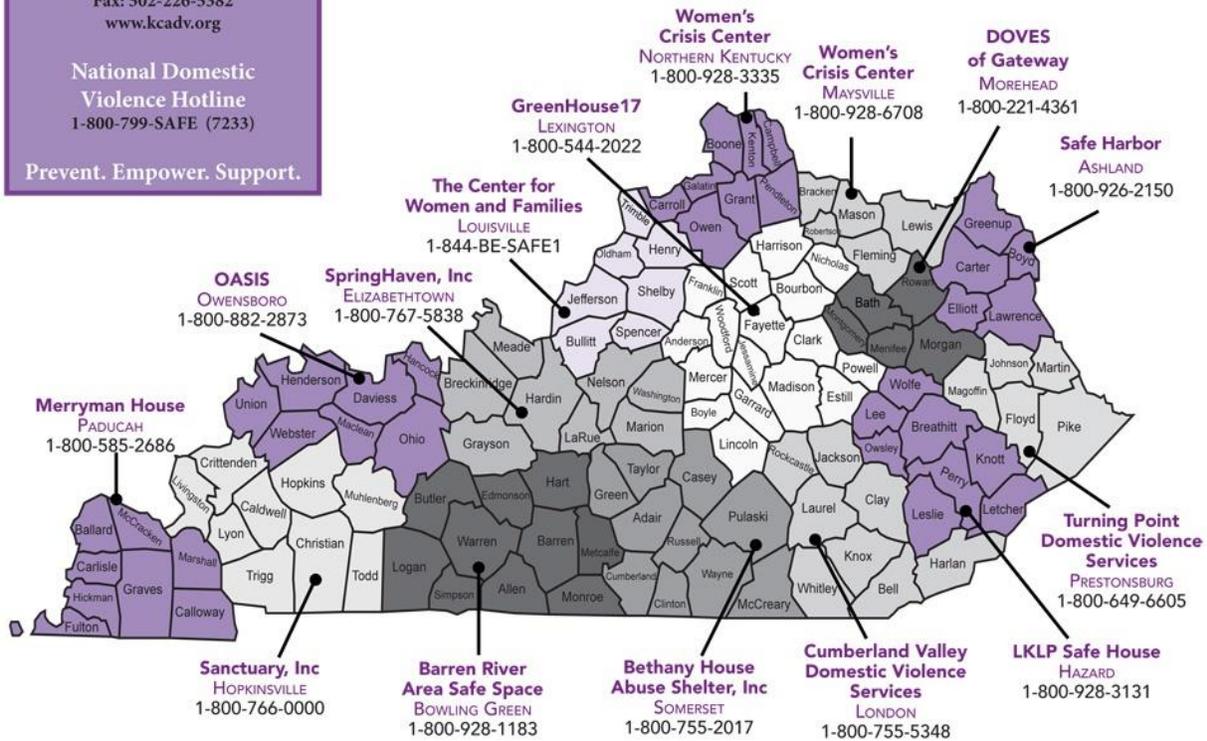
**National Domestic Violence Hotline**  
 1-800-799-SAFE (7233)

**Prevent. Empower. Support.**



Kentucky Coalition Against Domestic Violence  
**KCADV**

**Domestic Violence Programs in Kentucky**



## Conclusion

Domestic Violence and sexual assault affect so many people. Domestic Violence occurs regardless of age, race, ethnicity, mental or a physical ability. Victims are not hand chosen they come from all levels of society. Victims of Domestic Violence and sexual assault lose so much to the abusers. They lose their power of will, control of their lives, loss of personal freedom, and in some cases their families. Power and control are at the center of an abusive relationship. In other words, abuse is when there is a pattern of one person trying to control and gain power over another.

One of the most oblivious or blatant ways to control another person is by using violence, such as hitting another person, holding someone down, or sexually assaulted a victim. However, there are other ways of controlling a person that does not include physical violence and may be difficult for an outside person to see. Instead of using physical or sexual violence, many abusers may use verbal, emotional, psychological, or financial tactics to control the victim. Some examples of these forms are listed below.

- **Emotional/Verbal Abuse**- Constant criticism, name calling, put downs, playing mind games, and spreading rumors or exposing secrets.
- **Sexual Coercion**-manipulating a partner into sex, this includes guilt trips or treats. Unwanted touches and pressuring a partner into sexual acts. Drugging someone into having sex while they are drunk, high or at not the right state of mind.

- **Financial/economic abuse**- Preventing a partner from getting a job. Keeping a partner on an allowance, and making a partner give up their money so they have none. At times, sexual acts could be the price to pay for money.
- **Sexism**- Discrimination based on a gender. Using the belief that males are superior to females and they have certain privileges. Being the main leader to define males/female roles. (Men lead the household while the women obey)
- **Using children**- This could be pressuring the partner to get pregnant. Using children as a way of creating dependency. Threatening to take the children away or not let the other see them.
- **Denying, Minimizing and Blaming**- Denying the abuse or acting like the abuse is not serious. Not taking the partners concerns about the abuse seriously. Always accusing the victim of bringing it onto themselves.
- **Isolation and extreme Jealousy**- Controlling who the partner is friends with, where they go, what they do, and when they can leave. Separating a partner from their family, work, and friends. Accusing the partner of cheating as a way of manipulation.
- **Intimidation and threats**- Using looks/actions/gestures/tone of voice and physical actions to scare a partner. Throwing, smashing things, showing weapons, destroying property, and threatening to hurt other loved ones. These are signs of intimidation and threats. Threats can be just as intimidating as physical force.

There are three cycles of violence. **Phase 1** The tension building phase is the increased tension, anger, blaming and arguing of a person. **Phase 2** Acute battering stage is where the physical part starts. There is battering hitting, slapping, kicking, choking, use of objects or weapons, sexual abuse, and verbal threats. **Phase 3** Less Violent Stage is

the calm stage. This stage may decrease over an amount of time. The abuser may deny violence and blame it on alcohol or other substances. Become apologetic and swear it will never happen again. The effects on battering over time effects everyone differently. Women seem to isolate themselves, become depressed and develop low self-esteem. They can develop emotional issues and permanent physical damage. Children can become fearful, angry all the time, and develop emotional issues to follow them through each stage of lives. Men can develop increased violent behavior, increased trouble with the law authority, and decreased self-esteem.

In society the effects are crucial and effects everyone. There is an increase in crime, legal, police, medical, and counseling costs. There is a decrease in quality of life as well as myths about the inequality of men and women.

Many people when asked about sexual abuse, may think of only rape. You may have found some sexual incidents very troubling to you but were discouraged and told it was nothing. The Myth that stands out there is "Its not sexual abuse if you weren't physically forced. There are so many ways in addition to physical force, that abusers take advantage of the person, people they are abusing. This includes, manipulation, threats, choosing people they feel are weak, disabled, young of age, and seeking to make their victims vulnerable by giving them drugs or alcohol.

Another Myth- "Its not sexual abuse if you weren't touched. False, it is sexual abuse if someone forces any sexual activity like being made to watch or look at someone else sexual organs or forces you to preform while someone watches. It is sexual abuse if it happens once ,more than once and the effects are devastating and long lasting. Sexual abuse should never be ignored. A person should never feel less of a person coming forward on an allegation. Abuse is

abuse regardless of who commits it-even if it is a spouse, parent, child or etc. Nobody has the right to hurt you. There is nothing you can do or say to make abuse a victim's fault.

Intimacy can be described as emotional closeness, caring ,affection, friendship, or a strong connection between two people. However, with so many women abused they begin to think that intimacy is the same as being sexually involved with another. You can be intimate and trusting with a close friend, and you can be sexual with someone whom you are not intimate with and do not trust. An intimate relationship is always mutual and goes both ways. Both people in the relationship agree and feel strongly for the other, share openly, and take responsibility for seeing that the relationship is healthy. Trust and intimacy go hand in hand in relationships. If you have a trusting relationship both parties have equal confidence with each other.

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