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# FOCIS NEWSLETTER

## JANUARY 2017

### IT HAPPENED TO ME: I Had to Get a Restraining Order against Someone I Dated 10 Years Ago

After years of Facebook messages telling him no, he showed up with flowers and a teddy bear.  
BY KATIE BLANCHETTE, WWW.XOJANE.COM

I met Nate when I was 15 and he had just turned 18. It started off innocently, texting and some phone calls after the initial meeting. He soon became my first boyfriend and was everything parents don't want their daughter's first boyfriend to be. My mother wanted me to have nothing to do with him.

I was an honors student who never partied, lied, or did anything bad. At first, I thought he was ahead of the game like I was trying to be. He might've dropped out of high school but he got his GED, was already certified to have a welding job, and had finished some classes at the local tech school. But as time went on, I realized Nate wasn't on the same path I was, or really any path.

He smoked weed all day, every day. He started selling coke, and addicts would show up at his door at 3 in the morning. He called me names, told me no one would ever want me, that I was disgusting and terrible, and more. He shoved me into a nightstand and he threw a golf ball at me that dented my car because I wouldn't let him in with beers in his pockets. He cheated on me the whole time we were together and that finally pushed me to give up. I got smarter and moved on.

He reached out once about a year or so later and asked to hang out. I tried to be nice and said I would only see him if my current boyfriend was there. We went to the movies. It was super awkward.

More time passed and eventually he met someone else. I'm not really sure why that brought me back into his mind, but apparently *something* did. His girlfriend requested to be my friend on Facebook and I accepted, if anything, I just wanted her to see I was absolutely nothing to be concerned about.

But when they had a kid they must have started fighting because he reached out to me on Facebook and began sending me messages. He wanted to see me; I told him I was too busy, but I kept things polite. He started sending me messages about his custody issues, telling me how great I was, and how he wished he'd known it back then.

Things started getting weird when he messaged me telling me he knew what car I drove and said, I thought jokingly, that he'd be following me now. I told him I didn't notice him driving by me, and he seemed offended or that he thought I was lying; he told me my head had "spun around" when I supposedly saw him.

Later that year, he asked to meet up and, again, I said no.

# FRONT PAGE STORY cont.

The following year, he started sending messages again, asking to hang out, and saying he would love me forever. I started being more firm, telling him I didn't look at what we had with fond memories but wished him luck in his life now. He told me he wished he could feel my touch just once more.

He sent me a music video of some song about not knowing what you had until it's gone. I told him I would never see him, and if he wanted to talk to me at all it would only ever be through Facebook messages.

This didn't seem to sway him, though. He asked *again* to meet up and I said no. Another month passed, and then more messages came asking for just one more chance and saying his kid would love me. I told him no again and asked him to respect my wishes.

He followed up by saying he found out my brother lived nearby, that my brother was always a good guy, and he still hoped for us to get back together in the near future.

That was pretty much the end of it for me. I told him no further contact or I would take whatever action I deemed necessary. This set him off, and he said I could've blocked him and I didn't need to threaten him. Thankfully, *he* blocked me at that point.

Four months later, however, he unblocked me and again began messaging, just asking for contact on Facebook again. I followed up with saying I wanted nothing to do with him, and I blocked him.

It's been a decade since we dated, you'd think my point would've gotten across. But earlier this year, he showed up on my doorstep with flowers and a teddy bear. I hid while my sister answered the door told him I wasn't home.

That's when I first called the police. After all, I had made it clear I didn't want contact. They told me I could try to get a restraining order or order of protection, but it wasn't technically stalking or harassment until he did it more.

He came back at 11 p.m., pounding on the front door. My sister's boyfriend told him I wanted nothing to do with him and that he was not welcome back.

I called the police again to keep record of the incidents. A police officer came by the house that night and advised me to get the restraining order the next morning. He also let us know that it was criminal trespassing if he came back since my sister's boyfriend had told him he wasn't allowed to.

The temporary order was easy. I went to court, filled out the incidents of the day before and anything I knew about him (which wasn't much since I was now 25 and I hadn't been involved in his life in years). A woman from the local domestic violence organization came and helped me fill in some details. The temporary order was granted within a half hour and he was to be served that day.

Two days later, I woke up to two voicemails of just breathing. I called the police, who confirmed the number was his, and they told me the order had been served, this was a violation, and they'd be going to see him. They listened to my voicemails and had me write a statement. He was later arrested and held in jail for the weekend until his bail hearing.

My mom went to both bail hearings so I wouldn't have to, and she told me they had to have everyone leave the room when they brought him in because he was being so aggressive and was claiming he wasn't mentally stable. He was released five days after his arrest.

My mom insisted on hiring an attorney for my final order hearing. The lawyer went through all the Facebook messages I saved, filed an additional motion with more of our past history, and coached me on how to handle court. My mom had to borrow \$5,000 for my lawyer fees and really fought this battle for me. She was the one who went to court over and over, called the lawyer and the prosecutor daily, and made sure everyone took this seriously.

The court date came, and by the end he was apologizing for continuing to contact me. He said he just thought we'd get back together and now realized that wouldn't happen.

A couple months later, he had his violation hearing and my mom handled dealing with the prosecutor to offer a plea deal I agreed to, a suspended sentence with an additional no-contact order for two years, as my lawyer suggested. This way, if he did contact me, it would be in criminal and family court and he'd have to serve some jail time. He agreed to the plea as long as he wouldn't have to see me or my mom in court again.

All of this pretty much brought my summer spiraling to a halt as I started to fear everyday life. I felt like I had done everything right, gone to college, got a job, moved on with my life, and yet I was getting this thrown at me anyway. I drunkenly cried and hung my head on my cool toilet seat in between throwing up and telling myself that I didn't deserve this and had done everything right.

I never thought the guy I dated when I was 15 would really come back to haunt me, but it definitely made me wish I had listened to my mom back then.

# **Illinois Hairdressers Will Be Trained In Domestic Violence Support**

BY SARA COUGHLIN WWW.REFINERY29.COM

**A new amendment to an Illinois law will turn the unique relationship between hairdressers and their customers into an opportunity for safe disclosures. Come January 2017, all hairstylists working in the state will be trained to recognize signs of domestic violence and provide support for survivors, reports *The Independent*.**

**The new legislation, which is an amendment to the Barber, Cosmetology, Hair Braiding, and Nail Technology Act of 1985, is based on the idea that survivors may be more inclined to share details of their abuse with their stylists, since their interactions are inherently intimate.**

**"When you're a hairdresser, you're touching people first. I'll start touching your hair before I really even start talking to you. It's really close. It's one of the highest-touch industries, which creates a bond with your clients," hairdresser and survivor Jamie Feramisco told the *Herald-Whig*.**

**Salon owner Lynn Surr, who spoke with local radio station WQAD, said that, even though these relationships are very close, the clients may view their hairstylists as separate from their personal lives. This can actually encourage them to open up more: "We are neutral. We're not their best friend; we're not their spouse; we're not their child or mother, so they will share things with us."**

**This law might be the first of its kind in the U.S., but it's hardly the first time someone's noted that hair salons can be safe spaces for domestic violence survivors. The Cut It Out program has been training stylists across the country in domestic violence support techniques for over a decade, and law enforcement officials have pointed to salons as one of the few places female survivors may feel comfortable enough to open up about abuse at home.**

## **Illinois Hairdressers Will Be Trained In Domestic Violence Support cont.**

**The National Coalition Against Domestic Violence states that domestic violence is any kind of abusive behavior (physical, sexual, psychological, or emotional) between intimate partners. It doesn't always look the same for everyone, but it's almost always rooted in a need for control and power over another person. The effects of domestic violence can be psychological, physical, or even fatal.**

**According to the NCADV, one in three women and one in four men in the U.S. have experienced some form of physical abuse at the hands of an intimate partner. In the state of Illinois, nearly 65,800 intimate violence incidents were reported in 2014. And hopefully, hairstylists can make sure more of these incidents reach law enforcement and more survivors get help. Although the amended law won't require stylists to report what they're told, they'll be prepared to offer support and direct survivors to the right crisis centers or groups.**

**"The whole idea is to help hairdressers deal with disclosures," JJ Magliocco of the Illinois domestic violence charity Quanada told the *Herald-Whig*. "We are teaching them that they can make a difference. They don't have to keep their mouth shut."**

***If you are experiencing domestic violence, please call the National Domestic Violence Hotline at 1-800-799-7233 or TTY 1-800-787-3224 for confidential support.***

**HAPPY NEW YEAR!**

**To all FOCIS program newsletter readers,  
Thanks for all your support through 2016.**

**And here's to a GREAT 2017!**

# Moroccan Women Shouldn't Be Asked To Camouflage Evidence of Domestic Violence

By Salma Hamri of The Huffington Post, [www.huffingtonpost.com](http://www.huffingtonpost.com)

Unfortunately, women in Morocco had multiple reasons to observe the International Day for the Elimination of Violence against Women on November 25.

A segment on the daily TV program Sabahiyate, aired on Channel 2M, demonstrated how women could use makeup to cover up wounds and bruises brought about by domestic violence. This reflects the normalization of the subject for the vast majority of Moroccans.

Violence against women is such an integral part of everyday life in Morocco that we no longer think to eradicate this phenomenon, or at least to educate the masses. Instead, we deem it necessary to “help” those poor women to cover up their wounds, giving them a blank canvas on which they would only receive other bruises.

After all, makeup would only “camouflage” the harsh realities of women, forcing them to accept their fate and live with abuse.

In the same week, prevalent misogynist discourse in Morocco was only perpetuated by a video posted on the Moroccan website [Welovebuzz](http://Welovebuzz). In the video, three young men nonchalantly discuss violence against women. “Should we beat women?” asks the interviewer.

For the men featured in this video, marriage is a contract between husband and wife that delineates that a housewife has to obey her master or suffer beatings as retaliation. “Women should be beaten at least once a week,” one man explains confidently, as if he had just quoted a verse from the Quran.

In the video, violence is even described as a right for women. Such stupid and absurd answers initially appear comedic, then we realize that the ideas held by the three men interviewed are shared by many Moroccans, including women.

My thoughts therefore go out to these women who accept to be beaten, and who consider this to be normal, or even a sign of love and affection.

My thoughts are also with women who tolerate their abusive husbands, women who at an early age internalize the idea that to disobey their husbands is to disobey God.

I have particular sympathy for women who flee their husband's blows and face even more abuse by their disappointed fathers.

Finally, my thoughts are with the Moroccan women who have had the courage to denounce their husbands, and who have not concealed the marks of their beatings, but rather wore them proudly.

Ladies, do not camouflage your wounds, change your spouse! Do not camouflage your wounds, let the law deal with him!

# HAPPENINGS

## ANGER MANAGEMENT GROUP

Wednesdays, 6-7:30pm. Co-ed six week group, start date contingent upon sign-ups.  
\$40 fee for non-native clients.  
Contact Tom @ 532-6811, ex 270

## POSITIVE PARENTING & POSITIVE PARENTING OF TEENS

is done on an individual basis as space and time allow.  
\$30 fee for non-native clients. For info or sign up,  
Contact Mark @ 532-6811 ex 249.

## FOCIS DOMESTIC VIOLENCE WOMEN'S SUPPORT GROUP

Women's Support Group Tuesdays 3 p.m. to 5p.m.  
For info, contact Brittany@ FOCIS  
PROGRAM, 532-6811 ex 270.

## BRAVE AT HEART CANCER SUPPORT GROUP

For anyone who has been touched by Cancer  
Meetings every 2nd Thursday  
5:00 to 6:00 pm  
Call Ashley, 532-6811 ex.272

## GIRLS TAKE CHARGE GROUP

Every other Wednesday, 4:30 to 5:30  
Teen Girls are invited  
Call Ashley @ 532-6811 ex 272

## BOYS TAKE CHARGE GROUP

Thursday afternoons, 3:30 to 4:30  
Teen young men are invited  
For info or sign-up call  
Ashley, 532-6811 ex 272

## THURSDAY SUPPORT GROUP

Explore both Modern & Traditional forms of beadwork and other Traditional crafts. Thursday afternoons from 3:00pm to 5:00pm in the South Conference room, Call Mark @ 532-6811 ex. 249. For info or sign up.

## MOTHERS STRONG GROUP

New Moms Supporting New Moms  
Through Baby's Challenging First Year!  
Contact Brittany to sign up  
(530) 532-6181

## HISTORY KEEPERS

Elders group, 55 and older  
Tuesdays 12:30pm to 1:15pm  
For more information or to attend,  
Call Ashley @ 532-6811 ex. 270

## RED ROAD TO WELLBRIETY MEETING

For those that have suffered alcoholism and drug addiction and other forms of self-defeating behaviors, you can walk the 12 steps of the Red Road to recovery.  
**WEEKLY MEETINGS ON WEDNESDAY @ 6.00 PM  
@ FEATHER RIVER TRIBAL HEALTH  
530-534-5394  
EVERYONE IS WELCOME!**

## LOCAL DV SERVICES

### FOCIS PROGRAM SERVICES

Advocacy Services, Restraining Order assistance, court accompaniment, Community education and in-service training, Crisis intervention services, Women's Talking Circles, Resource information & referral service.  
Feather River Tribal Health 530-534-5394 ext. 270

### Catalyst DV Services

24-hour hotline for DV intervention & referrals, Emergency Shelter, Children's Program at HAVEN, Transitional Housing & Household establishment Drop-in centers, Individual counseling, Support groups, Restraining Order assistance & Court Accompaniment, Community Outreach.  
24-Hour Hotline 800-895-8476 Oroville Drop-in Center 530-532-6427

### SHARP (Self Help and Referral Program)

Self Help center that provides general assistance to people who do not have attorneys. Assistance is provided in the areas of family law, guardianships, evictions, small claims, name changes, and restraining orders.  
1675 Montgomery Street Oroville, 530-532-7015



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