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# FOCIS NEWSLETTER

## FEBRUARY 2017

### 7 Differences Between a Healthy Relationship and a Toxic One

Your partner should complement your life, not complicate it.  
By Brittany Wong Relationships Editor, The Huffington Post, [www.huffingtonpost.com](http://www.huffingtonpost.com)

You feel like a better version of yourself when you're in a healthy, mature relationship. That doesn't mean your partner *completes* you, but they do complement your life in just the right ways.

What are some other signs that you're in the right relationship?

Below, marriage experts share seven key differences between a healthy relationship and a toxic one.

#### **1. You're free to pursue your hobbies and maintain friendships.**

Nothing about your core identity should change drastically because of your new relationship status. A mature partner will recognize that pursuing outside interests is necessary and a healthy way to get some air from the relationship, said Kari Carroll, a couple's therapist in Portland, Oregon.

"When a partner is too attached to allow you to enjoy something on your own, it can lead to sacrificing one's own identity to appease the relationship," she said. "If your partner has fears about you doing things on your own, it could turn into the self-fulfilling prophecy. In other words, you may ultimately seek even *more* space and leave."

# FRONT PAGE STORY cont.

## **2. You don't act differently when you're around them.**

Do you act noticeably different when you're alone with your friends and family versus when your new partner tags along? In a healthy relationship, your demeanor, personality and general interactions are pretty much the same regardless of who's there, said Marie Land, a psychologist in Washington, D.C.

"If you act differently when your partner is in the room, it's a bad sign," she told The Huffington Post. "You shouldn't feel the need to adjust your behavior based on your partner's presence."

## **3. Power is relatively equal.**

In a healthy relationship, power and household responsibilities are pretty much evenly distributed, said Amy Kipp, a couples and family therapist in San Antonio. You can count on your partner to respect your work obligations *and* to help clean up before mystery odors begin emanating from your apartment. It's all part of the deal.

"Both partners should have equal decision making power in every part of the relationship," she said. "Toxic relationships often involve one partner that is highly dominant or two partners that engage in attempts to 'grab' power from the other."

## **4. You can follow your dreams.**

Your dreams and goals for the future don't have to perfectly align, but your partner should support your big life plans. She may give you a slight side-eye when you mention opening an artisan cheese shop one day, but ultimately, you know she'd support you, Carroll said.

"Compromise should always come into effect. If your partner consistently shoots down your dreams as unrealistic or not convenient, you may not feel like you are fully supported or understood," she said. "Over time, this can lead to giving up on one's dreams and the relationship feeling less like a partnership."

A shared life is complicated enough without throwing dashed dreams into the mix. To sidestep this issue, Carroll recommends talking about your plans for the future early and often.

# FRONT PAGE STORY cont.

## **5. Your differences are celebrated.**

You grew up in the city, but she's a country girl at heart. You are a meat and potatoes kind of guy, but she's strictly vegan. Your differences in outlooks, beliefs and interests probably drew you to each other initially and they should *stay* interesting with time.

"In toxic relationships, couples become enmeshed with each other and differences are often seen as threats to the relationship," she said. "In healthy relationships, differences in interest or opinion are not only tolerated, but celebrated."

Obviously, substantial differences in values can be a problem, but otherwise, "the things that make people unique help to keep the relationship interesting," Kipp said.

## **6. You can leave your cellphone unattended.**

In a healthy relationship, you should feel comfortable leaving your phone unguarded around the house. Why? You can trust that your partner won't go rifling through your texts and even if she did, she wouldn't find anything worrisome, Land said.

"Everyone is entitled to their privacy but you should not feel like it's a big deal to have your computer open or phone around," she said. "There should be trust between the two of you."

## **7. You can tell your partner when they hurt you.**

Don't be worried if you argue with your partner; conflict is natural and a sign that you're open to communication, Carroll said. But you should be worried if you feel uncomfortable opening up about why you're upset, Carroll said.

"Talking about it leads to partners feeling valued and heard," she said. "If you don't feel comfortable discussing a misunderstanding, it can lead to compounding resentment and distance. Learning to discuss conflict is uncomfortable but ultimately rewarding."

# **Women No Longer Have To Pick Between a Paycheck and Escaping Abuse in These 2 States**

Melissa Jeltsen Senior Reporter, The Huffington Post, [www.huffingtonpost.com](http://www.huffingtonpost.com)

**It's a lose-lose situation: If you're a victim of domestic violence, you're likely to have to skip work on short notice, to seek medical attention, to talk to police and prosecutors, or even to relocate for your own safety. But missing work means losing money, or even worse, your job, at a time when financial independence is key.**

**Victims in Arizona and Washington may not have to worry about that anymore. Voters in both states approved ballot measures that require employers to offer paid sick leave and paid "safe leave" to workers, as well as raise the minimum wage.**

**While most people understand the concept of paid sick leave, which allows employees to take time off when they're ill without cutting into their paychecks, the idea behind paid safe leave is less widely known. In essence, it allows victims of domestic violence, stalking and sexual assault to take paid time off if they need to access services related to the abuse they suffered.**

**Arizona and Washington will join five states, California, Connecticut, Massachusetts, Oregon and Vermont, and Washington, D.C., which already have laws requiring employers to provide paid safe leave to employees if they are victims of domestic violence.**

**A growing number of municipalities and counties also offer paid time off for victims. New York City may soon follow.**

**Ellen Bravo, executive director at Family Values @ Work, a network of state coalitions working to enact paid sick leave, said it makes sense to pair sick leave with safe leave.**

## Women No Longer Have To Pick cont.

**“The purpose of paid sick leave is that it’s a job measure. It helps people stay employed,” she said. “If a person is experiencing violence, that’s a time when they most need economic security so they can either get away or take another step to safeguard themselves.”**

**Kelly Starr, managing director of Washington State Coalition Against Domestic Violence, applauded the measure’s passage in her state.**

**“We envision a world where people make choices about their relationship based on what’s best for them and their children, not based on the financial impact of those decisions,” she said. “This gets us one step closer to that vision.”**

**Both raising the minimum wage and requiring paid safe leave is equally important for survivors of violence, Starr said.**

**“We just know how closely access to money is tied to people’s safety and stability,” she said. One of the main reasons people remain or return to abusive partners is financial insecurity, she added.**

**Shannon Rich, director of public policy at the Arizona Coalition to End Sexual and Domestic Violence, said survivors in her state will no longer have to make the difficult choice between lost wages and accessing critical services.**

**Medical treatment, counseling and legal services all equal “time away from work that puts survivors at risk of loss wages or loss employment,” she said. “When survivors have access to workplace resources that help them build economic resiliency, they and their families are more likely to remain safe.”**

**Domestic violence costs the U.S. at least \$8 billion a year in lost productivity and health care costs, according to the Centers for Disease Control and Prevention, and victims report an average of 7.2 days of work-related lost productivity per year due to abuse.**

# Did Baylor University Sweep Sexual Assault Claims Under the Rug?

She was hired to ensure the school met federal standards to prevent gender discrimination, but the former Title IX coordinator says the school prevented her from investigating reports of sexual assault.

By Staff, Associated Press

Baylor University is under federal investigation after its former coordinator responsible for preventing gender discrimination filed a complaint over sexual violence on the university's Waco campus, a federal agency spokeswoman said Wednesday.

The investigation by the Office for Civil Rights for the U.S. Department of Education began after the agency received a complaint from Patty Crawford, Baylor's former Title IX coordinator, said agency spokeswoman Dorie Nolt. The office "will collect and analyze all relevant evidence to develop its findings," she said in a statement.

As Title IX coordinator, Crawford was entrusted with enforcing federal standards meant to prevent discrimination based on gender at Baylor. She resigned as Title IX coordinator early this month and said publicly that top campus leaders undermined her efforts to investigate sexual assault claims and were more concerned with protecting the Baylor "brand" than the students.

*"I never had the authority, the resources or the independence to do the job appropriately," she said during an appearance on "CBS This Morning" the day after her resignation.*

A Baylor spokesman did not respond to a request for comment on the federal investigation but said in a statement in response to Crawford's resignation that Crawford went public with her grievances only after the school rejected a demand for \$1 million and retention of book and film rights.

"Baylor University was surprised by the action taken by Patty Crawford given her public comments in August about the strong support she felt from across the University," the statement said.

Baylor has faced a storm of criticism over claims it mishandled sexual assault cases for several years. An outside review determined school administrators contributed to a "hostile" environment against assault victims. The scandal drew broad attention in large part because former football players were convicted of sexually assaulting women, and an independent review by the Philadelphia law firm Pepper Hamilton determined the football program operated as if it were above the rules. Coach Art Briles was fired earlier this year, as was the athletic director. President Ken Starr was removed from his post by regents and he later resigned as chancellor.

The Baylor scandal, in part, prompted the Southeastern Conference to expand its rules to prohibit transfer of players with a history of sexual assault, stalking, or other interpersonal violence to any of its 14 member universities. The Big 12 conference, which includes Baylor, adopted a similar rule shortly after.

As The Christian Science Monitor reported:

Colleges around the country have overhauled their policies on sexual assault in response to national campaigns launched by survivors of sexual assault and increased scrutiny by the federal Department of Education. But the scandal at Baylor illustrates what some say is still troubling about the power and influence of sports on campus, while others say some universities' responses go too far in denying students due process rights.

"Universities need to give everyone a fair process and they need to treat everyone the same way and athletes should receive no special benefit in a misconduct proceeding ... but all students need to be treated fairly," says Samantha Harris, director of policy research at the Foundation for Individual Rights in Education in Philadelphia.

# 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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