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October is Domestic  
Violence Awareness



# “Until I Didn’t”

Submitted by: Jennette Andrews

I wrote the story of my escape, or, "the evacuation of my marriage", as I now like to call it. And I have shared a few stories from our life after the abuse; I felt it was such an understated issue. What now? What do I do next? All the pamphlets I picked up and the ads I saw encouraged me to "Get out now!" "Don't wait until it's too late!" All great advice and exactly what I would tell someone in my place, but I never saw a pamphlet titled; "Now that you're safe...", or "After the Abuse." So, I felt compelled to share some of my experiences and insights. Also, lets be honest, who wants to rehash and bare their most horrific, humiliating moments in a public forum? Well, suck it up buttercup that's what you're here for! (little self pep-talk there). Today I am going to back it up and dive into some of my story from the past with my abuser.

As you probably know by now October is Domestic Violence Awareness month and in honor of all of us who are survivors, never victims please, here is some of my backstory. Thank you in advance for listening.

I should have known he was dangerous from the beginning. I first laid eyes on him in the liquor aisle and from the start our relationship centered around drinking and partying. Granted, we were young, childless adults, but things quickly spiraled out of control. He loved to drive, and he fixed my non-working car and we drove all over. He had no license but I let him drive if we were in the mountains. It sounds ridiculous to me now, but made sense then. Soon he was driving all the time, even drinking, and it was becoming a problem.

I had a good job, he had none, but odd jobs. We would have some drinks and I would go to bed and wake up to go to work and no car, no boyfriend no way to work. He was on probation for various things and never had a license he was not supposed to be driving alone. Or drinking for that matter. Things escalated as they do until one night we had a few drinks and he wouldn't stop. I went to bed as I had work the next day, but he stayed up to "watch some tv". Next thing I hear is loud music blasting through the house. I must have went out at least 4 or 5 times asking him to turn it down before I finally snapped and turned off the breaker for the front of the trailer. The box was in my master bedroom.

# “Until I Didn’t” Cont...

An awful howl came from the front room and didn't stop, so I got up and went out to tell him to come to bed. Just please shut up and go to sleep. I got out there and he was tearing the stereo console trying to make it work. He was so drunk he didn't even realize the power was off up there. When I finally got him to understand what was going on he wasn't coming to bed, oh no, he was going to go find more booze and someone fun. At this point in our relationship we had been together a year or so and he had lied to me, taken my car, but never ever raised a hand to me. The man put spiders out from the tub for goodness sake.

I put my hand on his arm to stop him from opening the door, I didn't want him to end up hurt or in jail, and he turned, shook me off and punched me in the face! While I lay on the floor he kicked me for good measure. I didn't even have time to fight back, as if I would have, I was so shocked. He yelled at me how I made him do it, why was I such a bitch about the music, then he took off into the night.

There had been a lot of yelling, loud music and a scuffle, I expected someone to call the police. I called my best friend, told her in short what happened and asked her to come get me. I was gone before any police if ever, showed up, and at work in a few hours with a black eye bruised rib, and I even have a small fracture in my left eye socket to this day. That was a knockout punch. I left him and moved in with my friend, and work put me on immediate vacation, I worked with children. He was eventually picked up and served the rest of his time, but not before my best friend found him and literally punched him in his face!

This is the happy ending right? The part where I walk away having learned my lesson and narrowly avoided a long painful relationship of suffering and abuse-sorry, I wish I could write that story and still keep my son. No, he called, and wrote, and apologized and said he just wanted to see me one time to say he was sorry. I went. We got back together. And there is much more to tell I am sorry to say. And every time he hurt me I fell deeper into this pit. He always talked his way back into my heart, I always took him back. Until I didn't.

The views and opinions expressed in this article are those of the author and do not necessarily reflect those of Feather River Tribal Health, Inc. (FRTH) or those affiliated with FRTH.

***Need help? In the U.S., call 1-800-799-SAFE (7233)  
for the National Domestic Violence Hotline.***

# Intimate Partner Violence

Violence within intimate relationships (also known as domestic violence, intimate partner violence, dating violence, and/or partner abuse) has been documented as a national and international epidemic. Intimate Partner Violence (IPV) can be defined as a pattern of abusive, violent, and/or coercive behaviors that are used by one person in an intimate relationship to manipulate or control the thoughts, beliefs or behavior of their partner or to punish them for resisting that control. This pattern is used to gain and maintain power, dominance, and control in a relationship. Intimate partner violence is a deliberate and escalating pattern of abuse in which one partner in a significant or intimate relationship attempts to exercise power and maintain control over the other partner. Through a variety of tactics, IPV can lead to serious physical health, mental health, and social consequences for a survivor/victim, as well as their families and communities. IPV is not a bad mood after a long day, an anger management problem or a relationship with “ups and downs.” Although anger may be involved, it is absolutely not the reason a person abuses their partner.

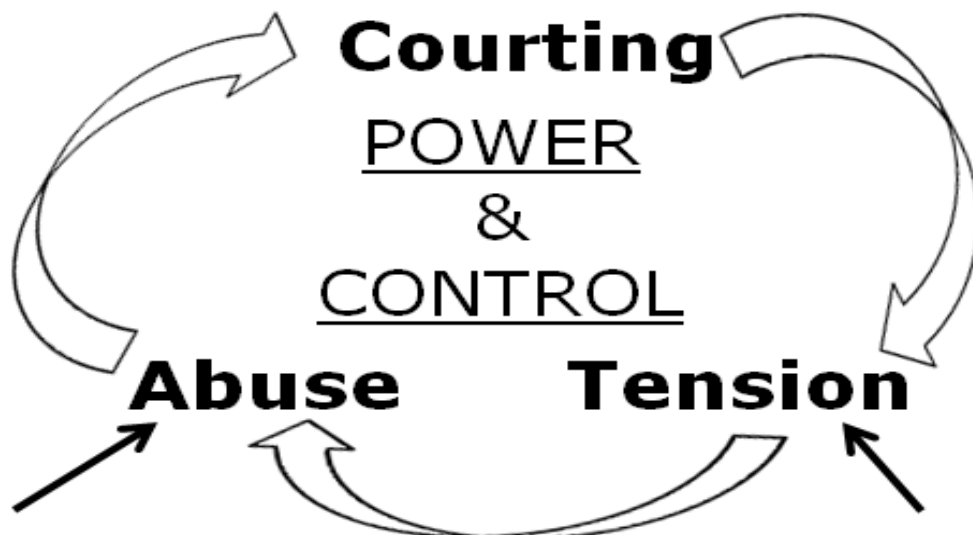
## The Cycle of Abuse:

### “If” Apology:

Abusive partner does not take responsibility for the abuse, but instead blames the victim.

Ex. “I’m sorry **but** if you would have just \_\_\_\_\_, I wouldn’t have had to [insert type of abuse here].”

- Intense feelings of love
- Both partners show “perfect” self
- Abusive partner may express remorse after abuse and promise it will never happen again
- Victim feels hopeful



### Violence in any form:

- Isolation
- Emotional abuse
- Threats and intimidation
- Sexual abuse
- Physical abuse
- Economic abuse

- Gradual build-up of stress
- Blaming and criticizing
- Unjust accusations
- Obsessive jealousy
- Put downs
- Victim “walks on eggshells” because they fear what will happen next

# The Effects of Intimate Partner Violence on Children

Witnessing intimate partner violence (IPV) in the household can have a significant impact on the emotional and physical wellbeing of children. They often feel a sense of shame or guilt that they are unable to stop the violence from happening. In some cases, they may have a mistaken belief that they cause the violence to happen in some way. It is normal for a child who has witnessed IPV to show a variety of symptoms in response to the trauma. Some common responses can be seen below. Many can be observed in opposite extremes.

## **Physical**

- ◆ Frequent headaches, stomachaches, or other physical complaints
- ◆ Bedwetting and nightmares
- ◆ Fatigue and lethargy
- ◆ Poor personal hygiene
- ◆ Desensitization to pain

## **Emotional**

- ◆ Shame, guilt and self-blame – “I caused it” or “I should have been able to stop it”
- ◆ Grief for family and personal losses
- ◆ Confusion about conflicting feelings toward parents
- ◆ Fear of abandonment, of expressing emotions, of the unknown, and/or personal injury
- ◆ Anger about violence and the chaos in their lives
- ◆ Feelings of depression, helplessness and powerlessness
- ◆ Embarrassment related to the dynamics at home
- ◆ Uncertainty about what’s real
- ◆ Anxiety that ordinary arguments will become scary

## **Behavioral**

- ◆ Aggression or withdrawal
- ◆ Overachievement or underachievement
- ◆ Refusal to go to school
- ◆ Parentification, more concern for others than self
- ◆ Avoiding confrontation by lying or pretending everything is OK
- ◆ Rigid defenses (aloof, sarcastic, defensive, “black and white” thinking)
- ◆ Out of control behavior, inability to set limits or follow directions
- ◆ Manipulation, dependency, mood swings
- ◆ Developmental regression (thumb sucking, etc.), depends on age
- ◆ Abusive towards self: eating disorders, substance abuse, suicide
- ◆ Short attention span - frequently misdiagnosed ADHD

## **Social**

- ◆ Isolation from friends and relatives or strong craving for adult approval
- ◆ Relationships are frequently stormy, start intensely and end abruptly
- ◆ Difficulty trusting others, especially adults
- ◆ Poor anger management and problem solving skills
- ◆ Avoid home life through excessive social involvement (extracurricular activities, refusing to go home)
- ◆ Passive towards peers or bullies
- ◆ Play with peers gets exceedingly rough

# Domestic Violence Statistics



## General Statistics

- On average, 24 people per minute are victims of rape, physical violence or stalking by an intimate partner in the U.S.
- Nearly 3 in 10 women and 1 in 10 men in the U.S. have experienced rape, physical violence and/or stalking by a partner and report a related impact on their functioning.
- Women ages 18-24 and 25-34 generally experienced the highest rates of intimate partner violence in their relationships.
- Intimate partner violence made up 20% of all non-fatal violent crime experienced by women in 2001.



## Intimate Partner Violence and Children

A child witnessed violence in 22% (nearly 1 in 4) of intimate partner violence cases filed in state courts.

30-60% of perpetrators of intimate partner violence also abuse children in the household.

One study in North America found that children who were exposed to violence in the home were 15 times more likely to be physically and/or sexually assaulted

The U.S. Advisory Board on Child Abuse and Neglect suggests that domestic violence may be the single major precursor to child abuse and neglect fatalities in this country.

# Thoughts

Written by: Maria Richardson

I thought about the problems  
I have faced in my past,  
I thought about the troubled times,  
I knew they couldn't last.

I thought about the things  
That preyed upon my mind,  
About all the memories,  
That made me want to cry.

I thought about the path  
I took from there to here,  
The help I got along the way  
That took away my fear.

I thought about the troubled mind,  
That took me way down,  
Then about the happy times  
How they turned me around.

Even though I struggle,  
Often I fall down  
I know there is a better way,  
I know that peace can be found.

I am thankful for the people  
Who have helped me to see,  
That even when I'm down,  
There is hope for me.

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# FESTIVE RECIPES

## ACORN BREAD

6 Tbs. cornmeal  
1/2 cup cold water  
1 cup boiling water  
1 tsp salt  
1 Tbs butter  
1 pkg active dry yeast  
1/4cup lukewarm water  
1 cup mashed potatoes  
2 cup all-purpose flour  
2 cup finely ground leached acorn meal

- ◆ Mix cornmeal with cold water, add boiling water and cook 2 minutes, stirring constantly. Add salt and butter and cool to lukewarm. Soften yeast in lukewarm water. Add remaining ingredients to corn mixture, along with yeast. Knead to a stiff dough. Dough will be sticky. Cover and let rise in warm place until doubled in bulk. Punch down and shape into two loaves. Place in baking pans. Cover and let rise until doubled in bulk. Bake at 35 degrees F for 45 min.



## SEMINOLE PUMPKIN SOUP

2 cups chicken stock  
1/2 green pepper, diced  
1 large tomato  
1 green onion  
1 sprig parsley  
1/4 tsp thyme  
2 cups cubed cooked pumpkin  
1 Tbs flour  
2 Tbs butter  
1 cup milk  
1 tsp sugar  
1/2 tsp salt

- ◆ Place 1 cup chicken stock, green pepper, tomato, onion, parsley and thyme in blender. Cover and blend medium speed, just until vegetables are coarsely chopped. Put into a saucepan and simmer for 5 minutes. Return mixture to blender. Add pumpkin and flour. Cover and use on high speed until mixture is very smooth. Pour mixture into saucepan. Stir in remaining 1 cup chicken stock and all remaining ingredients. Heat to a boil, stirring frequently. Cook 3 minutes longer. Serve hot. (serves 4-6 people)

## Local Events

- ◆ **A Place at Table:** Fundraiser at Woodstock's Pizza for Catalyst Domestic Violence Services.
  - \*When: October 4th, 2017. 5:00pm-8:00pm
  - \* Where: 166 E 2nd St. Chico CA, 95928
  
- ◆ **Coming Out for Art:** Hosted by Stonewall Alliance Chico
  - \*When: October 7th, 2017. 6:00pm-10:00pm
  - \*Where: 900 Esplanade, Chico CA, 95926
  
- ◆ **Chico Parade of Lights:**
  - \* When: October 7th, 2017. 7:00pm-9:00pm
  - \*Where: Down Town Chico
  
- ◆ **DVAM Resource Fair:** The purpose is to mourn those who have lost their lives due to domestic violence, celebrate those who have survived, and bring together those who work towards ending violence.
  - \*When: October 11th, 2017. 9:00am-2:00pm
  - \*Where Butte College main campus.
  
- ◆ **By Stander Intervention:** We've all struggled on when and how to intervene in distressing or dangerous situations. Come learn from the Butte College Safe Place and Wellness Program staff appropriate bystander strategies.
  - \*When: October 12th, 2017. 11:00am-12:00pm
  - \*Where: Butte College main campus.
  
- ◆ **Free Domestic Violence Community Training:** In honor of domestic violence awareness month this is a free training, hosted by Catalyst Domestic Violence Services.
  - \*When: October 16th, 2017. 9:30am-11:30am
  - \*Where: 5922 Clark Rd. Paradise
  
- ◆ **Love is Acoustic Showcase:** Celebrate healthy relationships while local musicians serenade you with an acoustic set of their favorite love songs.
  - \*When: October 25th, 2017
  - \*Where: Madison Bear Garden, Chico. 6:30pm





# HAPPENINGS

## **ANGER MANAGEMENT GROUP**

Wednesdays, 6-7:30pm. Co-ed six week group, start date contingent upon sign-ups. must be a FRTH registered patient. Full attendance required for a certificate. \$40 fee for non-native clients. (No couples & NOT for Court Mandates). Contact Tom @ 532-6811, ex 270

## **TOBACCO CESSATION SUPPORT GROUP,,**

### **Quit Using Tobacco Now!**

Free to all community members, open to anyone who wants to quit smoking, chewing, or vaping. Medications are not covered. Open meetings Wednesdays 5:00pm-6:00pm For info, contact Carl @ 532-6181

## **FOCIS DOMESTICE VIOLENCE WOMEN'S SUPPORT GROUP**

Women's Support Group Tuesdays 3 p.m. to 5p.m. Self-validation & processing of abusive relationships. Intake assessments must be done before entry into the group. 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 3rd Wednesday starting Feb 17th 2016 6:30 to 7:30 pm Call Ashley, 532-6811 ex.272

## **GUYS TAKE CHARGE GROUP**

Thursday afternoons, 3:30 to 4:30 Guys from 10 to 13 are invited For info or sign-up call Ashley, 532-6811 ex 272

## **THURSDAY CRAFT GROUP**

Explore both Modern & Traditional forms of beadwork. Thursday afternoons from 3:00pm to 5:00pm call Brittany @ 532-6181. for info or sign up.

## **GIRLS TAKE CHARGE GROUP**

Every other Wednesday, 4:30pm-5:30pm Teen Girls are invited Call Ashley, 532-6811 ex 270

## **HISTORY KEEPERS**

Elders Group, 55 and older. Tuesdays 12:30-1:30 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**

## **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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