



October Is Domestic
Violence Awareness Month

Domestic violence is behavior someone uses to control a spouse, partner, date or elderly relative through fear and intimidation. It can involve emotional, sexual and physical abuse, as well as threats and isolation. In most cases, men are the abusers.

According to the National Domestic Violence Hotline, abuse can show itself in the following ways:

- Physical battering. The attacks can range from bruising to punching to life-threatening choking or use of weapons. A problem often begins with threats, name-calling and/or harm to objects or pets, but escalates into more serious attacks.
- Sexual abuse. A person is forced to have sexual intercourse with the abuser or take part in unwanted sexual activity.
- Psychological battering. Psychological violence can include constant verbal abuse, harassment, excessive possessiveness, isolating the victim from friends and family, withholding money, destruction of personal property and stalking. The person may accuse the victim of being stupid, ugly, unfaithful or having another fault, the American Bar Association (ABA) says.

Clues to violence

The following signs often appear before abuse occurs and can be a clue to a potential problem:

- Violent family life. People who grow up in families in which they were abused as children, or in which one parent beat the other, learn that violence is normal behavior.
- Use of force or violence to solve problems. A person who has a criminal record for violence, gets into fights or likes to act tough is likely to act the same way with his or her partner and children. Warning signs include having a quick temper, overreacting to little problems and frustrations, cruelty to animals, destroying or damaging objects you value, punching walls or throwing things when upset.
- Alcohol or drug abuse. Be alert to drinking/drug problems, particularly if the person refuses to admit a problem and get help.
- Jealous of friends and your family. The person keeps tabs on you and wants to know where you are at all times, or wants you to spend most of your time with him or her. The person makes it difficult for you to find or keep a job or go to school.

- Access to guns or other weapons. The person may threaten to use a weapon against you.
- Expecting you to follow his or her orders or advice. The person becomes angry if you don't fulfill his or her wishes or if you can't anticipate his or her wants. The person withholds money from you when you need it.
- Extreme emotional highs and lows. The person can be extremely kind one day and extremely cruel the next.
- You fear his or her anger. You change your behavior because you are afraid of the consequences of a fight.
- Rough treatment. The person has used physical force trying to get you to do something you don't want to do, or threatens you or your children.

If someone you are with exhibits these behaviors, talk with a domestic abuse counselor or another therapist about your situation. If you're in danger, call 911.

Abusers don't fit a particular character type, says the ABA. They may appear charming or they may seem to be angry. What is common among abusers are the signs listed above.

Krames Staywell

https://hhhealth.personaladvantage.com/syndication.jsp?module=section_010&subtopic=10001625&category=10000006&resource=10047546

Helpful Resources

For Help and Services: Bridgeway Behavioral Health

Free HOTLINES: 1.877.946.6854 or 636.946.6854 – St. Charles County OR 1.877.462.1758 – Lincoln County

Safety Planning

Internet & Computer Safety

MCADSV

Legal Services

What is Domestic Violence?

Domestic violence is about power and control. It is not about being unable to control anger, the use of drugs or alcohol, or having a mental illness. It is a choice to abuse another person.

Abuse typically escalates in frequency and severity over time. Just because you are not being physically hurt, it does not mean you are not being abused.

If your partner is abusive towards you, please remember that you are not alone, and it is never your fault.

Quick Facts:

- ✗ 1 out of 3 American women are physically or sexually abused by a husband or partner at some point in their lives.
- ✗ Domestic violence is the leading cause of injury to women, ages 15-44, more common than car accidents, muggings, and cancer deaths combined.
- ✗ Between 3 and 10 million children in the US are exposed to domestic violence each year, and 90% of children are aware of the violence directed towards their mother.
- ✗ 30 to 60% of partner abusers also abuse the children in the household.

BRIDGEWAY

Behavioral Health

Established 1978.
Restoring hope. Rebuilding lives.

We help

Domestic Violence
victims and survivors
claim their voices,
find hope, and
rebuild their lives.

"You counseled me, fed and clothed me,
sheltered and supported me.

Then one day... I found that I could live
without fear in my life."

- a Bridgeway client

To learn more about Bridgeway Behavioral Health and the services we provide, or to find out how you can help, please visit our website:

www.BridgewayBH.com

or contact our Development Department
636-916-3550

Development@BridgewayBH.com

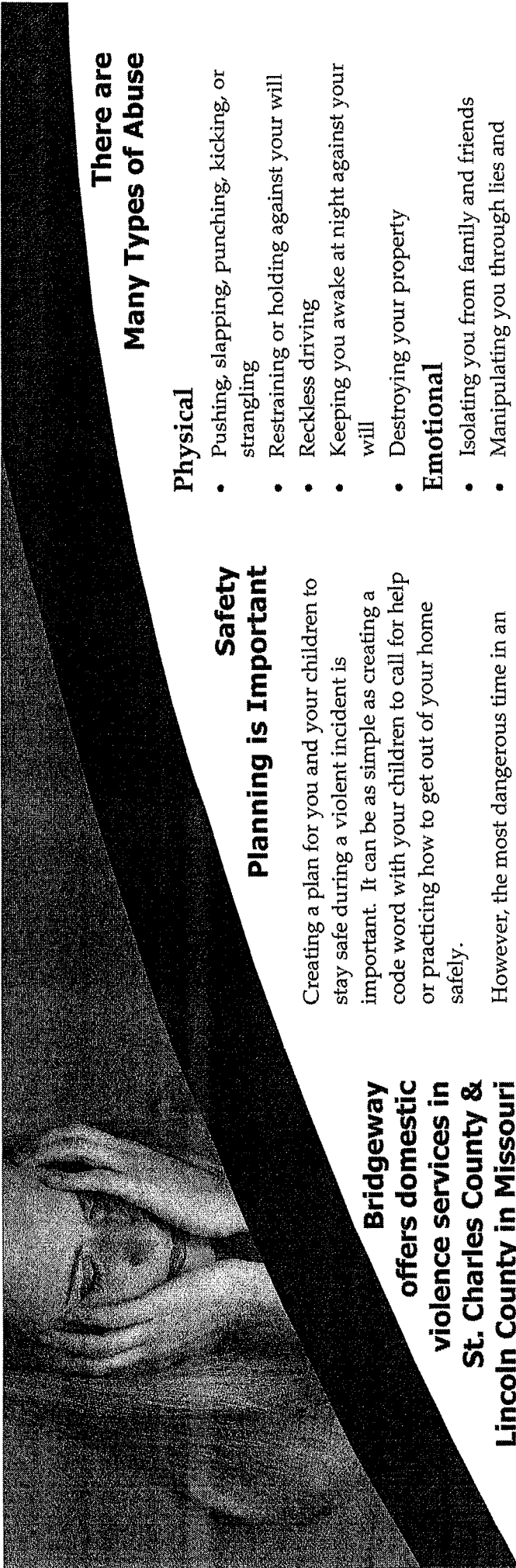
Bridgeway Behavioral Health is a registered, non-profit 501(c)3 organization, federal tax ID available upon request



The Women's Center
St. Charles County
1-877-946-6854

The Terry L. Robertson Center
Lincoln County
1-877-462-1758





There are Many Types of Abuse

Physical

- Pushing, slapping, punching, kicking, or strangling
- Restraining or holding against your will
- Reckless driving
- Keeping you awake at night against your will
- Destroying your property

Emotional

- Isolating you from family and friends
- Manipulating you through lies and contradictions
- Ridiculing or criticizing you in private and/or public
- Threatening to kidnap your children or pets

Sexual

- Forcing or coercing sex or sexual acts
- Accusing you of cheating
- Cheating on you
- Withholding sex or affection as punishment
- Criticizing you sexually

Financial

- Making you support the family; controlling your access to money
- Not allowing you to work or sabotaging your attempts to work
- Putting assets under his name only
- Put bills/debts in your name only
- Ruining your credit

Safety Planning is Important

Creating a plan for you and your children to stay safe during a violent incident is important. It can be as simple as creating a code word with your children to call for help or practicing how to get out of your home safely.

However, the most dangerous time in an abusive relationship is when there is an attempt to leave. If you are considering leaving an abusive partner, it will be helpful to gather the following items and store them in a safe, convenient location that is not accessible to your abuser.

- Driver's license or state ID
- Medications
- Order of Protection
- A bag of clothing
- Birth Certificates
- Social Security Card
- Work permits/green card
- Credit and debit cards, checkbook
- Money
- Lease, rental, or house deed
- Car registration and insurance
- Address book
- Cell Phone
- Extra Keys

Bridgeway offers domestic violence services in St. Charles County & Lincoln County in Missouri

Services include:

- ⌘ 24-hour Crisis Hotline
- ⌘ Emergency Shelter
- ⌘ Court Advocacy
- ⌘ Individual Counseling
- ⌘ Domestic Violence Education for Child Witnesses
- ⌘ Community Support Group
- ⌘ Community Education and Prevention

**All services are provided
free of charge**



St. Charles County — 1-877-946-6854
Lincoln County — 1-877-462-1758