



OASIS/Family Resource Center
Domestic Abuse Handbook

Cover Copy

OASIS/Family Resource Center Domestic Abuse Handbook

Title Page Copy

OASIS/Family Resource Center Domestic Abuse Handbook

Publishing Copy

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Women's Resource Center
423 Porter Street
Petoskey, Michigan 49770

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Throughout this booklet we refer to batterers as male and victims/survivors as female because 85% of the reported national statistics indicate that the victims in a domestic assault, are the women. We hope, however, this booklet will be helpful to men who are experiencing abuse as well.

Dedication

To our grandmothers, mothers, and sisters-they who began the liberation from abuse and they who continue it.

Acknowledgements

This project would not be complete without recognizing the influence of the Battered Women's Movement and those individuals who create its momentum. To the women we meet daily, we thank you for your courage in breaking the silence and taking steps to end domestic abuse. To our communities thanks, for working collaboratively to support abused women and their children and to hold batterers accountable. To our co-workers, we are grateful for their input, encouragement and much needed levity during difficult times.

We extend our deep appreciation to the Wexford/Missaukee Family Violence Task Force for providing leadership and guidance in developing and implementing a coordinated community response to domestic abuse.

Thank you to the Ann Arbor Domestic Abuse Project for granting us the use of their legislative summary and to the Duluth Domestic Intervention Project for

use of the Power and Control Wheel.

Our gratitude to the Women's Resource Center of Petoskey for allowing us to use their handbook as a basis for developing this publication.

Thank You,

The Staff and Board of Cadillac Area OASIS/Family Resource Center

Preface

This booklet represents this agency's years of dedication and commitment to ending abuse in the family. It contains the most current information available on domestic abuse. We hope victims, friends and family can use this booklet as a tool in understanding the complexities of domestic abuse. For professionals and service providers we hope it can be a helpful resource to you in assisting someone who is a victim of abuse.

The philosophy of the agency about domestic abuse is a simple one-THERE IS NO EXCUSE FOR ABUSE! Domestic abuse shouldn't happen to anyone. Ever! Violence is not a way to resolve any problem or issue. Too often friends, family, the victims try to find the reason why someone acted out violently-as if there is an excuse. There is no excuse, it is a choice made by the person who chooses to abuse.

If anyone you know is in an abusive relationship please let him or her know about this book and pass it on to him or her. Abuse escalates over time. Without intervention the chances for serious injury and death are very high.

The commitment of OASIS/Family Resource Center and our staff to ending this horrible problem is ongoing. We will continue to work with victims and our community to end family violence. The hard work of our staff members in putting this book together is a fine example of the dedication, talent and spirit there is to confront domestic abuse. Their efforts and the ongoing efforts of OASIS/Family Resource Center and the community to stay vigilant on the issue will hopefully some day be a factor in ending domestic abuse forever.

Whoever reads this booklet, I hope you can find the information or understanding you need to help yourself or someone you know. Please know that support and assistance is only a phone call away.

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Universal Declaration of Human Rights

All human beings are born free and equal in dignity and rights.
Everyone has the right to life, liberty and security of person.
No one shall be subjected to torture, inhuman or degrading treatment or punishment.

-As adopted by the United Nations in 1948: Articles 1, 3, and 5

Chapter One

Domestic Abuse

Let us all work for a violence free world.

In 1999, there were 41,822 victims of domestic violence reported in Michigan.

No one deserves to be abused.

What is Domestic Abuse?

Domestic abuse is a pattern of controlling behaviors carried out by one person in an intimate relationship to maintain power and control over the other.

Anyone Can Be a Victim!

It is easier to think that domestic abuse could never happen to you or a loved one, but there is no "predisposing" factor that can make you a victim.

Domestic Abuse

Domestic abuse may include physical assaults, sexual assaults, emotional abuse, social isolation, threats, stalking, and intimidation. These are all tactics used by one person in a relationship to control another. The partners may be married, dating, living together, separated, homosexual, or heterosexual. You do not have to be physically assaulted to be abused.

When you are hurt by someone you love, you may feel alone, as if you are the only one having the problem. Although nobody likes to think of herself as battered or abused, one out of every three women are battered at some time in their lives and more than 1/3 are battered repeatedly every year.

Emotional Abuse

While reading this book you will see the word battering. This refers not only to physically hurting, but emotional wounding as well. It is the pummeling of one's spirit. Emotional abuse may occur along with physical abuse or by itself. It is a very effective tool all on its own to gain and maintain power and control over someone.

Emotional abuse includes a range of behaviors:

- Name-calling
- Threatening
- Manipulating
- Humiliating/Degrading
- Blaming
- Trivializing
- Controlling
- Angry Outbursts
- Undermining

This system is efficient for keeping power in a relationship because it makes the victim vulnerable through loss of confidence, self-esteem, and sense of worth. Women who are verbally/emotionally abused report feeling embarrassed, confused, hurt, guilty, and unworthy. They wonder if there may be something they're missing and try to pinpoint the reason it is happening. Is it because he has had a hard day at work or bad upbringing? Maybe it is due to insecurity, worries or drinking? Most commonly, however, women look to themselves more for the cause and make various changes only to find his behavior remains the same. The reason he does not change is because he is the one in control of his behavior. He chooses the things he says and does because he benefits from them.

Emotional Abuse Tactics

Emotional abuse begins subtly and many times not until partners have made some type of commitment to each other. He may control places you go or for how long. He will try to cut you off gradually from family and friends unless they are ones he approves of-less likely to cause trouble. Control may extend to money, possessions, and even phone calls. Abusers may be wonderful and charming to friends and others in the community. This may add to the confusion a woman feels and reinforce the feeling that she is the one doing something wrong.

Batterers have many excuses for the things they do and say. They may say they're jealous, it's your fault, it was a joke, or they may outright deny everything. Manipulating can take many forms including presents, dinner out, and even apologizing or giving in on something they usually protest.

Coping

How then do you take care of yourself in the midst of all this? First of all, do not change yourself in an attempt to change him. This is most important because the more you change to please someone else, the more you lose your sense of who you are and what you want. As much as possible, seek out activities you enjoy and people who are supportive. Read affirmations or write in a journal, whatever will make you feel stronger. Always remember the abuser's behavior is his choice: he is aware of right and wrong, and abuses to control.

Sexual Abuse

Sexual abuse includes a variety of acts and behaviors. It ranges from calling you sexually degrading names such as cunt or whore, grabbing or injuring sexual parts of your body, making you feel guilty or threatening or coercing you into sex, to physically forced sex acts and intercourse.

No matter what form sexual abuse takes, the intention is to objectify the victim and send the message that she is not in control of her body. If an abuser can turn his victim into an object, he can more easily justify his treatment of her.

Remember, sexual abuse and assault are never okay in a relationship or a marriage. There is no inherent "right" or entitlement simply because two people have made a commitment to each other.

Am I Abused?

If you answered yes to any of the questions on page 00, you may be feeling confused, scared, embarrassed, and unsure of where to turn. You may even feel you are to blame and that you did something to somehow cause the abuse. You are not alone. Abuse can affect women of all ages, races, ethnic groups, backgrounds, income levels, and educational levels. You do not deserve to be abused! It can be helpful to talk things over with someone. For phone numbers in your area, see the back section of this book.

Am I to Blame?

Women in abusive relationships look to themselves as the source for change of their partner's behavior. The fact is, women in abusive relationships do everything possible to please their partners and adjust to the ever-changing demands. They have dinner on time, keep up the house, hold down a job, wear their clothes and their hair the way he likes, and have little contact with family and friends. Then with his next whim, invariably accompanied by abuse such as name-calling, throwing things, threats or physical violence, she is expected to change again or face the consequences. What needs to change is him, his behavior, because domestic abuse is not about arguments, or late dinners, or too many bills, or about anger or losing control-it is about batterers keeping control and power, and the rest are about excuses.

Women have been socialized to be responsible for any "fixing" their relationships need. Every time a woman is asked, "Why did you stay?" the blame is being placed on her.

The most important thing to remember is that if someone abuses you; it is not your fault. Batterers are responsible for their own behavior.

"...it is not your fault. You cannot spend the rest of your life trying to read his mind or second-guess what his reaction will be. You will end up in the hospital -either by his hand or a nervous breakdown."

-Anonymous

How Am I Being Treated?

These Questions May Help You See if You Are Being Abused

- Do you ever feel like you are walking on eggshells to avoid upsetting your partner?
- Does your partner put you down, call you names, or make you feel bad about yourself?
- Has your partner ever made you do something humiliating or degrading, or embarrassed you in front of others?
- Has your partner intentionally damaged your possessions or threatened to do so?
- Does your partner make all the big decisions and/or control the money?
- Are you afraid that if you left, you would be attacked, harassed, followed, or spied on?
- Has your partner threatened your children, family, friends, or pets?
- Has your partner ever pushed, shoved, slapped, kicked, choked, restrained you physically, or hurt you in any other way?
- Has your partner ever used a weapon to threaten you or threatened to kill you?
- Has your partner forced you to have sex or do sex acts against your will?

Why do Men Batter?

Batterers use physical force and/or emotional abuse to maintain power and control over their partner.

A batterer may try to explain his abusive behavior as a sign of his love and concern. A woman may be flattered at first, but as time goes on, the behaviors become more severe and serve to dominate and control the woman.

Battering to Gain Control

Battering is not a mental illness that can be diagnosed, but a behavioral choice. It is the extreme expression of male dominance over women. When a woman asserts herself and becomes more independent (begins working, goes to school), the batterer will become more violent and/or threatening to establish dominance. A common excuse is that the batterer "lost control," but they actually abuse their partners in order to gain control over them.

Signs to Look for in an Abusive Partner

Many women are interested in ways they can predict whether they are about to become involved with someone who will be abusive. The following section lists common behaviors seen in people who abuse their partners. In some cases, a batterer may have only a couple of behaviors the woman can recognize, but they are very exaggerated.

Common Abusive Tactics to Maintain Control

Jealousy

At the beginning of a relationship, an abuser will say jealousy is a sign of love. Jealousy has nothing to do with love; it's a sign of possessiveness and lack of trust. He will question the woman about who she talks to, accuse her of flirting, or be jealous of time she spends with family, friends, or children. As the jealousy progresses, he may call her frequently during the day or drop by unexpectedly. He may refuse to let her work for fear she'll meet someone else, or even do strange behaviors such as checking her car mileage or asking friends to watch her.

Controlling Behavior

At the beginning the batterer will say this behavior is because he is concerned for the woman's safety, her need to use her time well, or her need to make good decisions. He will be angry if the woman is "late" coming back from the store or an appointment. He will question her closely about where she went and with whom she talked. As this behavior gets worse, he may not let the woman make personal decisions about the house, her clothing, or going to church. He may keep all the money or even make her ask permission to leave the room or house.

Quick Involvement

Many battered women dated or knew their abuser for less than six months before they were married, engaged, or living together. He comes on like a whirlwind claiming, "You're the only person I could ever talk to," or "I've never felt loved like this by anyone." He will pressure the woman to commit to the relationship in such a way that later a woman may feel very guilty or that she's "letting him down" if she wants to slow down the involvement or break it off.

Unrealistic Expectations

An abuser expects his partner to meet all of his needs. He expects the woman to be the perfect wife, mother, lover, and friend. He will say things like, "If you love me...", or "I'm all you need," or "You're all I need." She is supposed to take care of everything for him emotionally and in the home.

Isolation

The abusive person tries to cut the person off from all resources. If she has men friends, she's a "whore." If she has women friends, she's a "lesbian." If she's close to family, she's "tied to the apron strings." He accuses people who are supportive of her of "causing trouble." He may want to live in the country without a phone. He may not let her use a car or have one that is reliable. He may try to keep the woman from working or going to school.

Blames Others for Problems

If he is chronically unemployed, he claims someone is always doing him wrong or is out to get him. He may make mistakes and then blame the woman for upsetting him and keeping him from concentrating on work. He will tell the woman she is at fault for almost anything that goes wrong.

Blames Others for Feelings

He will tell the woman, "You make me mad," or "You're hurting me by not doing what I want you to do," or "I can't help being angry." He really makes the decisions about what he thinks or feels but will use feelings to manipulate the woman. Harder to catch are claims that, "You make me happy," or "You control how I feel."

Hypersensitivity

An abuser is easily insulted. He claims his feelings are "hurt" when really he's very mad, or he takes the slightest setbacks as personal attacks. He will "rant and rave" about the injustice of things that have happened-things that are really just part of living like being asked to work overtime, getting a traffic ticket, being told some behavior is annoying, being asked to help with chores.

Cruelty to Animals or Children

This is a person who punishes animals brutally or is insensitive to their pain or suffering. He may expect children to be capable of doing things beyond their ability (whips a two year old for wetting a diaper). He may tease children or young brothers and sisters until they cry. He may not want the children to eat at the table. He may expect them to stay in their room all evening. 60% of men who beat the women they are with, also beat their children.

"Playful" Use of Force in Sex

This kind of person may like to throw the woman down and hold her down during sex. He may want to act out fantasies during sex where the woman is helpless. He's letting her know the idea of rape is exciting. He may show little concern about whether the woman wants to have sex and uses sulking or anger to manipulate her into compliance. He may start having sex with the woman while she is sleeping or demand sex when she is ill or tired.

Verbal Abuse

An abuser will say things, which are cruel and hurtful such as degrading the woman, cursing her, running down any of her accomplishments. The abuser will tell the woman that she's stupid and unable to function without him. This may involve waking the woman up to verbally abuse her or not letting her go to sleep.

Rigid Sex Roles

The abuser expects a woman to serve him; for instance, he may say the woman must stay at home or she must obey in all things-even things criminal in nature. The abuser will see women as inferior to men, responsible for menial tasks, stupid, and unable to be a whole person without a relationship.

Dr. Jekyll and Mr. Hyde

Many women are confused by their abuser's "sudden" changes in mood. They may think the abuser has some special mental problem because one minute he's nice and the next he's exploding. Explosiveness and moodiness are typical of people who beat their partners, and these behaviors are related to other characteristics like hypersensitivity.

Past Battering

This person may say he has hit women in the past, but they made him do it. The woman may hear from relatives or ex-spouses/girlfriends that the person is abusive. A batterer will beat any woman he is with if the woman is with him long enough for the violence to begin. Situational circumstances do not make a person an abusive personality.

Threats of Violence

This could include any threat of physical force meant to control the woman such as, "I'll slap your mouth off!" or "I'll kill you!" or "I'll break your neck!" Most people do not threaten their mates, but a batterer will try to excuse threats by saying, "Everybody talks like that."

Breaking or Striking Objects

This behavior is used as a punishment (breaking loved possessions) but is mostly used to terrorize the woman into submission. The abuser may beat on the table with his fist, or throw objects near the woman. Again, this is very notable behavior-not only is this a sign of extreme emotional immaturity, but there is great danger when someone thinks he has the "right" to punish or frighten his wife/girlfriend.

Any Force During an Argument

This may involve a batterer holding a woman down, physically restraining her from leaving the room, any pushing or shoving. He may hold the woman against the wall and say, "You're going to listen to me!"

There are at least five million reported incidents of domestic abuse against women every year.

-U.S. Bureau of Justice Statistics, Special Report-Violence Against Women, 1996.

Chapter Two

Victims' Concerns

Your safety and your children's safety should be your first priority.
No one deserves to be abused.

Crisis and Action Plans

Your safety and the safety of your children should be your first priority.

Safety During an Abusive Incident

If an argument seems unavoidable, try to have it in a room or area that has access to an exit and not in a bathroom, kitchen, or anywhere near weapons.

Practice how to get out of your home safely. Identify which doors, windows, elevator, or stairwell would be best.

Have a packed bag ready, and keep it in an undisclosed but accessible place in order to leave quickly.

Identify a neighbor you can tell about the abuse. Ask that they call the police if they hear a disturbance coming from your home.

Devise a code word to use with your children, family, friends, and neighbors when you need the police.

Decide and plan for where you will go if you have to leave home even if you don't think you will need to.

Use your own instincts and judgment. If the situation is very dangerous, you may consider giving the abuser what he wants to keep yourself safe. You have the right to protect yourself until you are out of danger.

Always remember, you don't deserve to be hit or threatened!

Safety When Preparing to Leave

Open a savings account in your own name to start to establish or increase your independence. Think of other ways in which you can increase your independence.

Leave money, an extra set of keys, copies of important documents, and extra clothes with someone you trust so you can leave quickly.

Determine who would be able to let you stay with them or lend you some money.

Keep the shelter phone number close at hand. Keep some change or a calling card on you at all times for emergency phone calls.

Review and revise your safety plan often in order to plan the safest way to leave your batterer because this can be a dangerous time.

Safety When Living On Your Own

Change the locks on your doors as soon as possible. Buy additional locks and safety devices to secure your windows.

Discuss a safety plan with your children for when you are not with them.

Inform your children's school, day care, etc., about who has permission to pick up your children.

Inform neighbors and landlord that your partner no longer lives with you, and they should call the police if they see him near your home.

Safety With a Protective Order

Keep your protective order on you at all times-when you change your purse, that should be the first thing that goes in it.

Call the police if your partner breaks the protective order.

Think of alternative ways to keep safe if the police do not respond right away.

Inform family, friends, and neighbors that you have a protective order in effect.

Safety on the Job and in Public

Decide who you will inform at work of your situation. This should include office or building security. Provide a picture of your batterer.

Arrange to have someone screen your telephone calls if possible.

Devise a safety plan for when you leave work.

Have someone escort you to your car.

Use a variety of routes to go home. Think about what you would do if something happened while going home.

Safety When Dealing Directly With Your Abuser

If you are thinking of returning to a potentially abusive situation, discuss an alternative plan with someone you trust.

If you have to communicate with your partner, determine the safest way to do so.

According to the Center for Disease Control, a woman is in nine times more danger of violent attack in her home than on the streets.

(No credit necessary)

A woman is beaten every nine seconds in the United States.

Family Violence Prevention Fund Report, 1994

Personal Protection Order (PPO) For Your Own Safety

A Personal Protection Order (PPO) is a court order issued by the Circuit Court prohibiting an assailant from certain behaviors.

A new type of restraining order is now available in Michigan. It is called a Personal Protection Order. A PPO is effective upon the judge's signature and remains in effect for no less than six months. It can be a very important protection because it allows the police to make an immediate arrest for behaviors that would not otherwise be criminal.

Who Qualifies

There are two types of PPO's, depending on whether the parties have a domestic relationship. A domestic relationship exists when the victim and the assailant meet one of the following criteria:

- The assailant is the spouse or former spouse of the victim.
- Has a child in common with the victim.
- Is a person residing or has resided in the same household as the victim.
- The victim and the assailant have or had a dating relationship. Dating is defined as "frequent, intimate association characterized by the expectation of affection involvement."

If a domestic relationship exists, the PPO can prohibit a number of behaviors (see PPO section). If no domestic relationship exists the PPO can only prohibit stalking.

Applying for a PPO

It is not necessary to hire an attorney to get a PPO. You can pick up the required forms from the county clerk's office and file the papers yourself. You do not have to include your address on the paperwork. An advocate from OASIS/FRC can give you more information about filing on your own and/or assist you with completing the papers. If you do have an attorney, contact him/her.

Filing for a PPO

A petition for a PPO can be made using standard court forms available from the County Clerk. Ask for the correct form based on whether or not you have a domestic relationship with the person to be restrained. You will be required to fill in (in your own words) the facts and circumstances that led you to request the PPO. Be as specific as possible, and include dates of events if you can. You can also attach copies of medical histories, pictures or police reports if you have them, but the court should not deny the PPO just because you don't attach paperwork. If you and the other party have any other court actions, like a divorce, custody award, or visitation orders, indicate that on the form so that the court can make sure orders do not conflict with each other.

The judge should sign your PPO if the judge believes that the person to be restrained may commit one of the prohibited behaviors. If the judge does not sign your PPO, the judge must state the reasons for the denial in writing. If the judge does not believe you are in immediate danger, he or she may schedule the PPO for a hearing. You must attend the hearing or your PPO will probably be denied.

Once you have a signed PPO, the clerk will give you two true copies. It is a good idea to carry a copy with you at all times, and especially if you leave the state and fear that the assailant will follow you.

Serving the PPO

You will need to serve the PPO on the assailant. You can do this in one of three ways. You can ask the Sheriff's office to deliver a copy to the assailant. There will be a fee for this service. You can have a friend or family member personally deliver a copy to the assailant. The person must be an adult, and it cannot be you. Or you may send a copy registered mail, return receipt requested. In any case, you must file a Proof of Service with the County Clerk. The person making service must sign the form, or the Return Receipt from the post office must be attached.

Consequences for Violating a PPO

The penalty for violation of a PPO is up to 93 days in jail, and may include a fine of up to \$500.00. Law enforcement can arrest an individual for violations of a PPO without a warrant if they have probable cause to believe it has been violated. If your order is violated, you should contact the police immediately.

Since the protective order is effective upon the judge's signature, police can enforce a PPO even before the PPO papers are served to the assailant. The police can serve the assailant with the PPO verbally and give the assailant an opportunity to leave. If the assailant does not leave, police can arrest the violator.

If the police cannot make an arrest because the assailant has fled the scene, you will need to contact the County Clerk's office and get a form called Motion for Show Cause, in order to get the violator before the court. The judge can then issue a bench warrant for the assailant's arrest.

Most importantly, if the assailant violates your PPO, call the police immediately.

"I am stronger and improving. Scared of all the things I'm facing. But at least I'm safe."

-Anonymous

Personal Protection Orders

If a domestic relationship exists, the PPO can prohibit a number of behaviors including but not limited to:

- Entering onto the property where you live; and other places you go frequently such as your parent's house.
- Assaulting, molesting, or wounding you.
- Removing minors from the legal custodian.
- Harassment, which has become stalking.
- Following you or appearing within your sight.
- Appearing at your work place or residence.
- Approaching or confronting you in a public place or on private property.
- Entering onto or remaining on property owned, leased, or occupied by you.
- Contacting you by telephone.
- Sending mail or other communications to you.
- Placing an object on or delivering an object to property owned, leased, or occupied by you.
- Interfering with efforts to remove your children/personal property from premises solely owned/leased by the assailant.
- Threatening to kill or physically injure you.
- Interfering with you at your place of employment or education or engaging in conduct that impair your work or educational relationship or environment.
- Having access to information in records concerning a minor child of both parties that will reveal your address or phone number.
- The Court may also restrain the assailant from purchasing or possessing a firearm.
- Any other act or conduct that causes a reasonable fear of violence.

Cadillac Area OASIS/Family Resource Center

OASIS is a shelter providing a place for a woman and her children to be safe. In a supportive, non-judgmental environment, women are able to gain an understanding of domestic abuse, have questions answered, and explore their options.

What services does OASIS/FRC offer in addition to shelter? Counselors at both OASIS/FRC locations can provide counseling, advocacy and support. A Legal Advocate is also available to assist victims on the legal issues surrounding domestic violence. There are always on-going domestic abuse support groups that meet weekly throughout Wexford and Missaukee Counties. For information on times, or to schedule a counseling appointment, call the crisis line, or administration office.

What is the shelter like? The thought of entering a shelter can be frightening; this has been kept in mind in creating a warm, home-like atmosphere where safety is a priority. Women often comment that the shelter is not what they had expected.

We will provide for all immediate needs with no cost to you.

What should I bring? Bring essential clothing, medicine, and maybe your child's favorite toy. If you have time, bring your marriage license, social security numbers, birth certificates, and other important papers. If you are rushed and don't have time to bring anything, that is okay. The important thing is that you get to a safe place. Once you have arrived, arrangements can be made to assist with necessary items.

What happens when I first get there? Your immediate needs will be determined on your arrival, such as, medical care, food and drink, attending to children's needs. Then you will be shown around and assigned a room. When you are settled in, a staff person will talk with you and complete an intake form.

Will counseling be available? You will meet with an advocate, and one will be available to you at all times. Together you and your advocate will set goals and work toward achieving them. Your advocate can provide referrals for housing, food, clothing, legal, and other types of assistance. There are two support group meeting times, and house meetings twice a week.

Many women who have stayed at the shelter find it beneficial to maintain contact through counseling and/or support groups after leaving the shelter.

Will there be activities for my children? A children's advocate provides recreational activities suitable for the children's age levels, a foster grandmother helps provide respite for you.

Who will be at the shelter? The shelter is staffed 24 hours a day by staff and volunteers trained in domestic abuse intervention.

Shelter Safety Concerns

Deciding to obtain counseling and/or shelter is a difficult and often scary time; therefore, shelter rules and confidentiality laws are designed to protect and alleviate some of the worry you may experience.

An important cornerstone of our services is that of safety. To assure the safety of our clients and their children we maintain strict confidentiality. This means that what is said between a woman and her counselor, in support groups, or during other aspects of our services remains private.

Written Consent

By law, your stay with us is completely confidential; no information about your situation or whereabouts can be released without your written consent, with the exception of child abuse and suicide or homicide threats.

When it is necessary to advocate with other agencies or people on your behalf, written permission will be obtained beforehand.

Security Policies

We've extended security precautions in the shelter to include no answering of phones or doors by anyone except staff. Doors are locked at all times, and the shelter location is unpublished. When a woman is ready to seek services, directions to the shelter will be given.

When Preparing to Leave

Here Is a Checklist of Things to Pack

- Birth Certificates for you and your children
- Marriage Certificate
- Social Security Numbers
- Driver's License
- Other Important Papers:
- Essential Clothing
- Money (if possible)
- Keys
- A Favorite Toy or Special Blanket
- Medicine:

Divorce: the Legal Ending of a Marriage

Just remember,
you're not the one
who broke up
the marriage
he did.
With every assault
on you
with every name
he called you
with every threat
and broken promise
he broke the marriage
but he didn't break you.
Remember.

-C.L.R. 1996

Divorce is the legal ending of a marriage. You may need to hire an attorney, Legal Services may be able to help you, or you may be able to file on your own (in Pro Per). If you own a home, valuable property, or anticipate a custody fight, it is best to have an attorney represent you. The Legal Advocate is available to answer any questions you may have about the divorce process, and to provide support during this very difficult time.

Choosing an Attorney

A Legal Services attorney may be able to represent you for free, based on your income and the situation. A private attorney generally requires a retainer (money up front). Some will work on a payment plan and some may try to recover their fee from your spouse in the divorce settlement. Many attorneys offer a free initial consultation. Check the yellow pages to see who is available in your area. Hire an attorney you feel comfortable with and who you feel confident will do a good job. Don't be afraid to shop around and ask questions.

Representing Yourself

If you proceed on your own, you will be held to the same standards as an attorney in the courtroom. You can get the necessary forms from your county clerk's office or call OASIS/Family Resource Center for more information. You may need to pay filing fees and Friend of the Court fees when you file.

Considerations

Some things to consider when filing for divorce are the property settlement, child custody, child support, visitation, spousal support, taxes, attorney fees, health insurance, and your safety.

Safety During Separation

When a woman leaves or files for divorce, she is at greater immediate risk of harm by her partner. You should take extra precautions to keep yourself safe during this time. Many women file a Personal Protection Order (PPO) at the same time and/or leave town or stay with a friend for a few days when the papers are served on their spouse.

Women are more likely to be victims of homicide when they decide to separate from their husbands. The risk of homicide is highest in the first two months of separation.

Wilson & Daly, Violence and Victims, 1993

Battered Women Offer a Bill of Rights

The Women's Resource Center's Personal Growth Support Group (a group of women who have been or are involved in abusive relationships) composed a bill of rights for battered women. This list shows the basic freedoms people in abusive relationships are denied.

I have the right to say what I would like to say without worrying about making you angry and what will happen if you do become angry. And I have the right to...

...wear my hair the way I want.

...relax sometimes.

...do what I want to do.

...be boring if I choose to be boring.

...visit with people without having to call anyone to get permission.

- ...dress the way I choose.
- ...voice my opinion without getting criticized for it.
- ...continue my education.
- ...have my own space.
- ...get away from the kids sometimes.
- ...say no to sex.

And I have the right to...

- ...choose my own friends-male or female.
- ...talk on the telephone.
- ...go places with my parents, siblings, and other members of my family.
- ...be treated with respect.
- ...have a driver's license.
- ...drive the car.
- ...have pets.
- ...spend money as I choose.
- ...choose and follow my own religion.
- ...have my own beliefs, thoughts, and feelings.
- ...not be criticized about my family.
- ...do things to make myself look and feel attractive.
- ...be sloppy when I feel like it.
- ...look nice for my own benefit.
- ...quiet time by myself, including bathroom time.
- ...take a nap when I'm tired.
- ...have a job.
- ...not have anyone control my schedule.
- ...work for whom I want.
- ...live peacefully without having to fear any physical abuse.

Power and Control Wheel

The Power and Control Wheel was developed from the experiences of women who have been abused.

The center of the Power and Control Wheel (open flap) is the intention of all the tactics-to establish power and control. Each spoke of the wheel represents a different tactic. The rim of the wheel, which gives it strength and holds it together, is physical abuse. This is another tool that can help you to identify the pattern of abuse.

Physical Abuse-includes hitting, shoving, using a weapon, restraining, pulling hair, etc.

Emotional Abuse-includes threats, intimidation, name-calling, isolation, etc.

Sexual Abuse-includes forced, coerced, or humiliating sex acts, physically attacking sexual parts of the body, or treating you like a sex object.

Help is Available

Depending on your situation and what you want to do, help is available. Counseling and other supportive services are available by calling the domestic abuse program in your area. If you feel you need the safety of a shelter, your community has an emergency shelter which can assist you.

Equality Wheel

The Equality Wheel (see flap) represents a relationship in which the partners strive to share power equally. The use of violence and other tactics of abuse by one person over another is not acceptable. Each spoke represents ways in which partners can interact if they both seek an equal relationship.

Power and Control Wheel Copy

Physical Violence

Sexual Violence

Goal: Power and Control

Using Intimidation

Making her afraid by using looks, actions, gestures.

Smashing things.

Destroying her property.

Abusing pets.

Displaying weapons.

Using Emotional Abuse

Putting her down.

Making her feel bad about herself.

Calling her names.

Making her think she is crazy.

Playing mind games.

Humiliating her.

Making her feel guilty.

Using Isolation

Controlling what she does, who she sees and talks to, what she reads, where she goes.

Limiting her outside involvement.

Using jealousy to justify action.

Minimizing, Denying and Blaming

Making light of the abuse and not taking her concerns about it seriously.
Saying the abuse didn't happen.
Shifting responsibility for abusive behavior.
Saying she caused it.

Using Children

Making her feel guilty about the children.
Using the children to relay messages.
Using visitation to harass her.
Threatening to take the children away.

Using Male Privilege

Treating her like a servant.
Making all the big decisions.
Acting like the "master of the castle."
Being the one to define men's and women's roles.

Using Economic Abuse

Preventing her from getting or keeping a job.
Making her ask for money.
Giving her an allowance.
Taking her money.
Not letting her know about or have access to family income.

Using Coercion and Threats

Making and/or carrying out threats to do something to hurt her.
Threatening to leave her, commit suicide, to report her to welfare.
Making her drop charges.
Making her do illegal things.

Power/Control and Equality Wheels Credit:
Domestic Abuse Intervention Project
206 West Fourth Street
Duluth, Minnesota 55806
(218)722-4134

Equality Wheel

Non Violence

Non-threatening Behavior
Respect
Trust and Support
Honesty and Accountability
Responsible Parenting
Shared Responsibility
Economic Partnership
Negotiation and Fairness

Non-threatening Behavior-Talking and acting so that she feels safe and comfortable expressing herself and doing things.

Respect-Listening to her non-judgmentally. Being emotionally affirming and understanding. Valuing opinions.

Trust and Support-Supporting her goals in life. Respecting her right to her own feelings, friends, activities, and opinions.

Honesty and Accountability-Accepting responsibility for self. Acknowledging past use of violence. Admitting being wrong. Communicating openly and truthfully.

Responsible Parenting-Sharing parental responsibilities. Being a positive non-violent role model for the children.

Shared Responsibility-Mutually agreeing on a fair distribution of work. Making family decisions together.

Economic Partnership-Making money decisions together. Making sure both partners benefit from financial arrangements.

Negotiation and Fairness-Seeking mutually satisfying resolutions to conflict. Accepting change. Being willing to compromise.

Taking Care of Yourself

One thing you can do to feel stronger and healthier is to say no to others more. Give your own needs top priority.

When you are in an abusive relationship, one of the effects is a high level of stress in your life. Others' needs, the abuser, your children, family, friends, and your job often get more attention and get taken care of before your own needs. Sometimes there is no time left to take care of yourself.

Personal Coping Tools

Have positive thoughts about yourself, and be assertive with others about your needs.

Read books, articles, and poems to help you feel stronger.

Decide whom you can call to talk freely and openly, someone who can give you the support you need.

Plan to attend a women's or domestic abuse support group to gain support from others and learn more about yourself and the relationship.

Battered women are often severely injured, 37% of women who visit medical emergency rooms are there for injuries related to ongoing abuse.

Journal of the American Medical Association, 1996

Am I Taking Care of Myself?

Here Are Some Questions to Ask Yourself:

- Do I eat at least one balanced meal per day?
- Do I get at least six or seven hours of sleep per night on a regular basis?
- Do I have one or more friends or relatives living nearby on whom I can rely?
- Do I speak to someone on a regular basis who is emotionally supportive to me?
- Do I get regular exercise?
- Do I do something for fun at least once a week?
- Do I feel good/healthy about the amount of alcohol, cigarettes, and/or prescription drugs I consume?
- Am I able to communicate my feelings when angry, worried, scared, upset, etc.?

Assessing Your Answers

Each "no" answer may indicate ways in which stress is affecting you. By making whatever changes are necessary to answer yes to as many of the questions as possible, you can restore some of the balance in your life.

You Are a Survivor

"...and I'm starting to feel like a person again, like the old Vickie. I lost myself for awhile, became someone I didn't know or like. I'm not about to give me up again."

V.W., 54, Survivor

You are a survivor when...

...you stop blaming yourself for the violence and abuse in your relationship.

...you refuse to take responsibility for your partner's abusive behavior.
...you begin to understand that if you are to take care of your family, you must first take care of yourself.
...you recognize your feelings and ideas are legitimate and deserving of consideration and respect.
...you allow yourself to make mistakes and know you don't have to be perfect in order to be loved.
...you begin to feel good about yourself and your ability to function as an adult.
...you are able to accept and deal with what is real, rather than hanging onto what might have been or what was.
...you accept your right to autonomy (self-direction) to make up your own mind.
...you put as much time and effort into having a healthy relationship with yourself as you put into having a healthy relationship with someone else.

Chapter Three

Children's Concerns

In self-reported data, 40% of adolescents mention at least knowing of someone who experienced physical violence in a dating relationship.

-Roscoe and Callahan

No one deserves to be abused.

What about the Children?

Of children who witness their mothers being abused by their fathers

- 40% suffer anxiety
- 48% suffer depression
- 53% act out with parents
- 60% act out with siblings

Children are often overlooked in the statistics and discussions of domestic abuse. Whether directly or indirectly, children are affected by domestic abuse. They may not witness the actual episode but can see the bruises and broken furniture and hear the screams.

Victimizing the Children

Perpetrators of domestic abuse use and hurt children in many ways including:

Intentionally injuring the child.

Unintentionally injuring the child while throwing objects at the abused parent or while the mother is holding the child. Often times a child is hurt while trying to intervene and protect the mother.

Creating an environment of tension, fear, and uncertainty.

Using the children to control the abused partner either while the couple is together or while separated.

Tactics

Assailants may use any of the following tactics:

Isolating the children by limiting their involvement with friends and activities.

Threatening the children with harm or threatening to hurt pets or favorite toys.

Questioning the children about their mother.

Using custody battles to control the mother.

Physically or sexually harming a child to coerce or control the mother.

Harmful Effects

Effects of the assailant's abuse show up in a variety of physical and psychological symptoms such as emotional neediness, withdrawal, aggressive acting out, eating or sleeping problems, school difficulties, caretaking (of mother or siblings), and various physical complaints. Symptoms vary from child to child and depend on the child's developmental stage in life.

Protecting the Children

Women face many dangers and great odds to protect their children from the assailant. They may directly intervene in an attack, teach safety plans, reinforce to the children they are not at fault for the abuse, and remain very loving and involved with their children. Battered women work at being good mothers in spite of their own fears, depression, and injuries. It is often for the sake of their children that women leave their partners.

"I know I'm only a kid, but I have feelings too. My dad was so mean to me. He called me a nothing and a bitch. I know I am somebody, and I can make something out of my life. Dad always said, 'I'm gonna go on with or without you.' I guess he'll just have to go on without me."

- M.B. a 12 1/2 year old

Can the State Take my Children?

A threat many batterers make is that he will "get your kids taken away." This is scary for most mothers, especially if you have concerns about your parenting skills.

It is a long, difficult process for the state to remove children permanently from their homes. If you do not abuse your children and their basic needs are being met, you have very little to worry about.

The state agency responsible for investigating all allegations of abuse and neglect is the Family Independence Agency (FIA) and the department within FIA that does the investigating is Child Protective Services (CPS). Anyone can report suspected child abuse or neglect to CPS. However, some people are obligated to do so by law. Mandatory reporters include doctors, nurses, dentists, school personnel, child care providers, police officers, psychologists, social workers, therapists, counselors, and others. This includes the domestic abuse staff and counselors. If you tell a mandatory reporter about abuse or neglect, or if they suspect it, they must report it to CPS.

If the Batterer Abuses the Children

If your partner is abusing the children, you may need to leave in order to protect them. As a parent, you have a legal responsibility to protect your children from known harm. You can be charged with "failure to protect" if you know about the abuse but don't remove your children from the risk. This can be extremely difficult when living with a violent partner.

Child Protective Services' Actions

After suspected abuse or neglect is reported to CPS, they will investigate to determine if it is occurring and what steps are necessary to protect the children. Their actions can vary from simply speaking to the parties involved, to going to court and asking that the children be removed from the home. However, the goal of CPS is not to remove children from their homes, their job is to ensure the safety and proper care of children. It is in your best interest to work with Child Protective Services.

Getting Help

If you need help with parenting skills or protecting your children, call FIA and ask for help. An abuser may use threats to keep you from seeking out resources and services for you and your children. It may be scary to take that first step, but you'll find that programs such as Child Protective Services will want to assist you and work with you, not against you.

Up to 50% of all homeless women and children in this country are fleeing from domestic abuse.

15-25% of pregnant women are battered.

Domestic abuse is a significant cause of miscarriage and birth defects.

March of Dimes

Working With the Friend of the Court

The job of the Friend of the Court is to investigate, report, and make recommendations to the court regarding custody, visitation, and child support. They are also responsible for enforcing custody, visitation, and support orders entered by the court. The Friend of the Court does not have a responsibility to investigate alleged abuse or neglect. Allegations of abuse or neglect should be reported to FIA. However, you should inform the Friend of the Court about any abuse or neglect during the investigation process.

Determining Custody

Batterers often make threats about taking the children and fighting for custody. Custody is determined based on the following factors:

1. The love, affection, and other emotional ties existing between the parties involved and the child.
2. The capacity and disposition of the parties involved to give the child love, affection, guidance, and continuation of the educating and raising of the child in chosen religion or creed, if any.
3. The capacity and disposition of the parties involved to provide the child with food, clothing, medical care (or other remedial care recognized and permitted under the laws of this state in place of medical care), and other material needs.
4. The length of time the child has lived in a stable, satisfactory environment, and the desirability of maintaining continuity.
5. The permanence as a family unit, of the existing or proposed custodial home or homes.
6. The moral fitness of the parties involved.
7. The mental and physical health of the parties involved.
8. The home, school, and community record of the child.
9. The reasonable preference of the child, if the court deems the child to be of sufficient age to express preference.
10. The willingness and ability of each of the parents to facilitate and encourage a close and continuing parent-child relationship between the child and the other parent.
11. Any other factor considered by the court to be relevant to a particular child custody dispute.
12. Domestic abuse.

Types of Custody Arrangements

Legal Custody

Joint legal custody is an order of the court, which states both parents share in making decisions on important issues dealing with the child.

Sole legal custody is an order of the court, which states that the children live with one parent and that parent is responsible for making decisions on important issues dealing with the child.

Physical Custody

Joint physical custody is where the children live with each parent for a specified amount of time. This arrangement will provide visitation while the children are living with the other parent.

Sole physical custody is where the children live primarily with one parent, having visitation with the other.

Custody Disagreements

If you have an order for custody and the other parent takes the child or does not return the child as stated in the order, you have several choices:

1. Contact the Friend of the Court and request they enforce your order.
2. Contact your attorney.
3. Contact the prosecuting attorney and request that a kidnapping charge be pursued if you have reason to believe that the other parent intends to keep the child.

If you have no custody order, you have **no legal recourse** if the other parent takes the child.

Visitation Violations

If the court has ordered visitation and the other parent is not following the order (children not ready for visitation time, children are picked up and/or returned late, parent does not visit regularly as ordered by court, etc.), file a written complaint with the Friend of the Court office. If the Friend of the Court determines either parent has violated the visitation order, they have the responsibility to proceed with enforcement. This can include one or more of the following:

1. Schedule a meeting with the parties and attempt to resolve the difference.
2. If the parties agree to mediation, refer to a mediator.
3. Apply the local make-up visitation policy. Contact the Friend of the Court for more information about its policy.
4. Begin a civil contempt proceeding with the court by filing a petition for an order to show cause.
5. Petition the court for a change in the existing visitation order (a written report and recommendation shall be provided with this petition).

Chapter Four

Criminal Justice System

Over 31% of the women killed in the United States are killed by male intimate partners or ex-partners.

-U.S. Bureau of Statistics, Special Report, Violence by Intimates, 1998.

No one deserves to be abused.

The Criminal Justice System

It can be difficult to decide whether or not to report an abuse incident to the police. You may be weighing factors such as, will it just make things worse, will family and friends find out your secret, what is the criminal justice system like?

This section describes how a typical case would proceed. This information may help you with your decision by taking some of the mystery out of the legal process.

Tips for Dealing With the Criminal Justice System

Be as specific as possible about what has happened when talking to police officers or prosecutors. For example, tell the officers, "He slapped me twice in the face then kicked me in the right leg," rather than "He beat on me."

Let police or prosecutors know about any witnesses.

Let police know about past assaults or past abusive behavior of the defendant.

Get as much information as possible, such as, incident numbers from the police or the name of your detective.

Abuse Case Progression

The following is the typical progression of a misdemeanor domestic assault case through the criminal justice system.

A crime is committed.

The crime is reported to the police.

This is done either by someone calling the police to the scene or by the victim going to the police station and filing a complaint.

The police investigate.

If they have been called to the scene, normally two officers will respond. They should interview the victim and the assailant separately. They may also ask questions of any other witnesses including children. They may want to take pictures for evidence. If there are injuries which need treatment, police can help the victim get to the hospital.

If you have gone to the police station to file a complaint, you will probably be given some forms to complete. An officer may interview you. The officer will attempt to interview any other witnesses and the assailant. If you sought medical treatment, they will want the physician's record. The officer will complete a report and submit it to the prosecuting attorney for review and a possible warrant for the assailant's arrest.

The police may arrest the assailant.

If the police are called to the scene and determine that probable cause (see definition on page 00) exists, they should arrest the assailant on the spot. If the assailant has left the scene, they may attempt to find him.

If the police do not feel they have sufficient probable cause, they will complete a report and submit it to the prosecuting attorney for review. The prosecutor will decide whether to issue a warrant for the assailant's arrest or not.

The victim should be given a Victim's Rights Information Sheet.

It contains information about your rights, how to obtain a Personal Protection Order, and how to contact the police, the domestic abuse program, and the prosecuting attorney.

The prosecutor determines whether to proceed with the case.

After receiving a report from the police officer, the prosecutor decides whether there is enough evidence to charge the assailant. The prosecutor will either issue a warrant and continue the case or end the case because there isn't enough evidence.

The victim should receive a packet of information in the mail from the prosecuting attorney's office.

This packet contains information about your rights and how to exercise them. You need to either fill out and return the form or call the victim's advocate and ask to be given your rights as a crime victim if you want them. Also in the packet will be a Victim Impact Statement. You have an opportunity to tell the prosecutor's office how you feel about this crime, how it has affected your life, and what you think would be the best sentence for the defendant.

The assailant is arraigned.

The judge will read the charges and determine bond, including any conditions for your safety such as a "no contact" order. At the arraignment the assailant enters a plea. He could plead guilty, not guilty, or stand mute. The victim normally does not need to attend.

A court date is set.

If the assailant pleads guilty, a date is set for sentencing. If he pleads not guilty or stands mute, a date is set for a pre-trial conference and a trial.

The assailant and his attorney (if he has one) meet with the prosecutor for a pre-trial conference.

The prosecutor may give the defendant an opportunity to discuss a plea agreement. The assailant can plead guilty at any point up to the start of the trial. It is important to note most domestic abuse cases result in a guilty plea before trial. If the assailant pleads guilty, a time is set for sentencing.

A trial is held.

The victim is normally subpoenaed and needs to serve as a witness and testify. The victim can meet with the prosecutor before trial and have any questions answered about the proceedings.

The defendant is either found guilty or not guilty.

If found guilty, a date is set for sentencing.

The defendant is sentenced.

The judge will hear any input from the victim either through a written statement or speaking in the courtroom. You do not have to attend if you do not want to.

Summary of Laws Applicable to Domestic Abuse

The assault statutes have been amended to specifically include domestic assaults. These include assault and battery where the victim and assailant have one of the following relations: the victim and assailant are spouses or former spouses, or have a child together, or live or have lived together.

Assault and Battery. [MCLA 750.81]

Michigan Law defines a criminal assault and battery as an attempt of offer to do bodily injury with a present intention and ability to do so.

Assault is an attempt of threat, with unlawful force, to inflict bodily injury upon another, accompanied by the apparent present ability to carry out the intent if not deterred by another. A threat coupled with present ability may be considered an assault. Battery is the actual physical harm.

Aggravated Assault/Assault and Infliction of Serious Injury. [MCLA 750.81a.]

Any person who shall assault another without any weapon and inflict serious or aggravated injury upon the person of another without intending to commit the crime of murder and without intending to inflict great bodily harm less than the crime of murder, shall be guilty of a high misdemeanor, punishable by imprisonment in the county jail or the state prison for a period of not more than one year or a fine of \$600 or both.

Deferral of Sentence Probation for First Offender.

If the abuser has not had a prior conviction for domestic assault under either MCLA 750.81 or MCLA 750.81a., then the judge has the discretion of deferring his conviction, setting probation, and dismissing the case upon completion of the probation instead of a jail term. The judge must first get the consent of the defendant and the prosecutor. The prosecutor must consult with the

victim before giving his consent, but the statute does not require the prosecutor to act on the victim's wishes.

Felonious Assault. [MCLA 750.82]

A felonious assault is an assault with a dangerous weapon without an intent to inflict great bodily harm. Any person who shall assault another with a gun, revolver, pistol, knife, iron bar, club, brass knuckles, or other dangerous weapon, but without intending to commit the crime of murder, and without intending to inflict great bodily harm less than the crime of murder, shall be guilty of felonious assault. This felony is punishable by up to four years in prison.

Assault with Intent to do Great Bodily Harm less than Murder. Felony. [MCLA 750.84]

Any person who shall assault another with intent to do great bodily harm less than the crime of murder, shall be guilty of a felony, punishable by imprisonment in the state prison, not more than ten years, or by a fine of not more than \$5,000.

Assault with Intent to Murder. Felony. [MCLA 750.83]

Any person who shall assault another with intent to commit the crime of murder, shall be guilty of a felony, punishable by imprisonment in the state prison for life or any number of years.

Criminal Sexual Conduct Statute. [MCLA 750.520]

There are four degrees of criminal sexual conduct (usually known as rape).

First and third degrees involve forced or coerced penetration. This can involve vaginal, anal, or oral intercourse, or putting a finger or object in another person's genital or anal opening.

Second and fourth degree involve forced or coerced sexual contact. This includes touching the groin, genital area, inner thigh, buttocks, or breasts, or the clothing covering those parts.

How serious the crime is depends on a number of factors such as: more than one rapist; a weapon; a physical injury other than the rape; extortion; or the element of surprise. If the victim is under 13, from 13-15, and the rapist is a member of the family or in a position of authority, this also makes the crime more serious.

Criminal sexual conduct does not require a witness other than the survivor.

It is a crime if the rapist is your spouse.

Arrest without a Warrant; Assault and Battery or Infliction of Serious Injury within Household. [MCLA 764.15a. (1980)]

This law is commonly known as the domestic violence warrantless arrest statute. It allows the police officer to make an arrest if the officer has "reasonable cause" to believe that an assault has

taken place, or is taking place, and that the person who committed the violation is a spouse, former spouse, or a person who resides or who has resided in the same household as the victim, or has a child in common with the victim. Under these circumstances, the officer may arrest the suspect without a warrant, whether the violation was committed in the presence of the officer or not.

Arrest without a Warrant for Personal Protection Order Violations. [MCLA 784.15b. (1983)]

This statute gives police officers the authority to arrest and take into custody a person when the officer has reasonable cause to believe that there is a valid domestic assault restraining order with criminal penalties filed properly. For more information on Personal Protection Orders, see page 00.

Domestic Dispute Victims; Advising of Availability of Shelter Program or other Community Services; Notice Statement. [MCLA 764.15c. (1985)]

After intervening in a domestic dispute, police officers are required by law to provide the victim with information on the availability of any local shelter program or other community services, and their phone numbers. A written notification of these services is to be given to the victim.

Amendment to the interim bond statute. [Public Act 308, Formerly Senate Bill 583 (1990) MCLA 750.582.]

This law says that after a domestic assailant is arrested, he will be held until the next session of court where he will be arraigned. The only exception is if an arraignment could not take place within 24 hours. In that case, he will be released on interim bond after being held for up to 20 hours.

Court Ordered Counseling Option for Assault Violations. [MCLA 769.4a. (1978)]

This law states that a person who pleads guilty or is convicted of assault or assault and battery, may be ordered by the court to participate in a mandatory counseling program as a condition of probation.

Crime Victim's Rights Act. [MCLA 780.751 (1985)]

This law establishes protections and rights that allow the victims of certain crimes committed in Michigan to be active participants in the criminal justice process. The law defines a victim as: an individual who suffers direct or threatened physical, financial, or emotional harm as the result of the commission of a crime. Crimes covered by the act include felonies and high misdemeanors.

Compensation for injured Crime Victims. [MCLA 18.351 (1976)]

Victims of certain personal injury crimes may receive financial compensation for particular losses that resulted from the crime.

Victims Seeking Help Assured of Confidentiality. [MCLA 600.101 (1985)]

Victims of sexual assault and domestic abuse who seek the services of workers at sexual assault or domestic abuse crisis centers have the protection of law that the counseling sessions are confidential and not admissible in the court without the victim's written consent.

Amendment to the Criminal Sexual Conduct Statute. [MCLA 750.520] making spousal rape a crime. [Public Act 138 of 1988]

A spouse can be charged with rape of his partner in Michigan.

Malicious Destruction of Property. [MCLA 750.377]

Any person who willfully and maliciously destroys the personal property of another is guilty of a felony if the damage is over \$100, and guilty of a misdemeanor if the damage is under \$100. The felony is punishable by up to 4 years in prison. The misdemeanor is punishable by imprisonment up to 90 days.

"I am learning to feel again. So long- numb. The long nights when I hated having him on me, people told me it was rape all those years. I don't want to just turn the past off. I want to learn from my marriage."

-anonymous

Stalking Laws

Stalking. [MCLA 750.411h.]

Stalking is defined as a willful course of conduct involving repeated or continuing harassment of another individual that would cause a reasonable person to feel terrorized, frightened, intimidated, threatened, harassed, or molested, and that actually causes the victim to feel terrorized, frightened, intimidated, threatened, harassed, or molested.

Behavior such as following the victim, showing up at the victim's home or at work, confronting the victim in public or in private, making unwanted calls or sending unwanted letters, or leaving objects or "presents" for the victim at home, work, on/in the car, or other property can be used as evidence of stalking.

Stalking is a misdemeanor, punishable by imprisonment of up to one year and/or a fine of up to \$1,000. In addition to incarceration and fines, an individual found guilty of stalking may also be put on probation for up to five years. The terms of probation may include an anti-stalking order, a no contact order, and/or mandatory counseling for the assailant, at his own expense.

Aggravated Stalking. [MCLA 750.411i.]

An individual who engages in stalking is guilty of aggravated stalking if his actions include one or more of the following: making a credible threat of injury to the victim or a member of the victim's

family or household; violating a domestic assault or anti-stalking restraining order; violating a condition of bond, pre-trial release of probation arising from a stalking charge; or having a previous conviction for stalking or aggravated stalking.

Aggravated stalking is a felony, punishable by imprisonment of up to five years, and/or a fine of up to \$5,000. In addition to incarceration and fines, probation may be ordered for any number of years, but not less than five years. The terms of probation may include an anti-stalking order, a no contact order, and/or mandatory counseling for the stalker, at his own expense.

Glossary of Criminal Justice Terms

A

Acquittal Defendant is found not guilty.

Adjournment A delay in the proceeding of a case.

Arraignment A court hearing where the defendant is informed of the charges against him. Defendant can plead guilty, not guilty, or stand mute.

B

Bond Money to insure the defendant's appearance at later court proceedings and, if necessary, conditions placed on the defendant's activities to insure the victim's safety.

C

Circuit Court Court which handles all felony trials, personal protection orders, divorce proceedings, and child custody.

Complaint A report made to the police about a crime that has been committed.

D

Defendant A person who is charged with a crime.

Deferred Sentence In cases where the defendant has no prior criminal record, the judge has the option, with the agreement of the prosecutor, to order a deferred sentence. The defendant is placed on probation for a length of time with certain conditions. If all of those conditions are met, at the end of the probation period the charges are dropped.

Dismissal Charges dropped by order of the judge.

District Court Court which handles all misdemeanor cases, sentencing, traffic violations, and the first stages of felony cases.

F

Felony A crime punishable by one year or more in prison or county jail.

I

In Pro Personam (In Pro Per) A legal term meaning an individual is acting as their own attorney.

M

Misdemeanor A crime punishable by not more than one year in the county jail.

Motion A request to the court for a certain decision.

N

No Contact Order A condition placed on the defendant's bond that he not contact, directly or indirectly, the victim(s) of the crime. This includes in person, by mail, telephone, or through a third party.

P

Parole Defendant continues to be supervised by the Michigan Department of Corrections after release from prison.

Personal Protection Order (PPO) Same as Restraining Order. A court order offering specific protection to a victim when a domestic relationship exists. Protection available varies depending on the situation.

Preliminary Exam A hearing in District Court to determine if a crime was committed by the defendant. This hearing is held only for felony crimes.

Presentence Investigation Investigation of the defendant's background and the victim's feeling on the defendant's sentencing. Designed to act as a sentencing guide for the judge.

Pretrial Conference Meeting between lawyers to determine if the case can be settled without going to trial.

Probable Cause Same as Reasonable Cause. Any facts that would induce a fair-minded person of average intelligence to believe the suspect has committed a crime. There is no requirement there be corroborating physical evidence or visible injury to establish probable cause. This means the word of the victim alone, if believed, is sufficient grounds for establishing probable cause.

Probation A sentence which places the defendant under the close supervision of a probation officer (may or may not involve jail time).

R

Restitution Money set by the court to be paid to the victim by the defendant for property loss or injuries resulting from the crime.

S

Stand Mute When defendant remains silent at arraignment, it is handled the same way as a plea of not guilty.

Subpoena A legal order which requires a person to appear in court to testify as a witness.

W

Warrant A legal document issued by the prosecutor and approved by the judge allowing the police to arrest the accused.

Chapter Five

Batters' Issues

Until your partner decides his abuse is wrong and must stop, no matter what you do, the abuse will not stop.

No one deserves to be abused.

Alcohol, Other Drug Use and Domestic Abuse

The evidence from numerous studies has not shown a cause and effect relationship between drinking/other drugs and battering. However, alcohol and drug use do increase the potential lethality of the abuse.

Substance abuse often takes place in homes where there is also domestic abuse. However, many alcoholics are not abusive, and many men who are abusive do not drink. Although substance use and domestic abuse may occur together, they are separate problems which need individual attention. Both problems have some characteristics in common such as denial, family isolation, blaming of one's partner, and secrecy.

Domestic abuse is not an "out-of-control incident" that can be isolated and linked to too many beers or martinis. It isn't an incident, but many behaviors working together in a system of control, of which the actual hitting is only one part. Substance use merely provides another convenient excuse for the abuser. While it may be easier to think of the abuse as accidental rather than intentional, it is also an unsafe mode of thinking. Alcohol and drug use increase the potential lethality of the abuse.

Counseling Concerns for Batterers

Are there special counseling concerns for batterers who have an addiction?

It is important for an assailant to get assistance from a treatment program that understands domestic abuse and includes those issues in treatment planning. It is also necessary for the assailant to get separate therapy designed specifically for batterers, not "anger management." Treatment and therapy are long processes requiring a great deal of commitment. Most batterers are unable to do this successfully for any length of time. Foremost, it is crucial for partners to seek safety.

Co-dependency and Enabling

If you are in a relationship with an addicted partner or have attended a support group, such as Al-Anon, you may have heard the terms co-dependent or enabler. Characteristics of co-dependency and enabling include passivity, nurturance, making excuses, suffering in silence, and putting others before oneself. These terms are sometimes used in reference to women in abusive relationships and are inappropriate when used this way. Labels such as these place blame on women for the victimization rather than holding the batterer accountable for his behavior.

Women in abusive relationships are resourceful, strong, and adept at developing techniques which allow them to survive. In the interest of safety, it is wise to seek out assistance from someone who is familiar with the dynamics of domestic abuse.

4,000-4,500 women will be murdered by their batterers this year, 11 per day.

Counseling for the Abuser

There is a wide range of counseling services available, however, no counseling is effective if the person receiving counseling doesn't genuinely want to make changes.

If your partner does want counseling, you can suggest where to go, but it is his responsibility to seek the help he needs.

Batterers' Programs

Counseling programs specifically designed for abusers are called Batterers' Programs. Generally, most programs last from 24 to 54 weeks or longer. Many combine both individual and group counseling. These programs should emphasize the batterer being held accountable for his behavior. Many programs also allow input and information from the victim and accept court-ordered and voluntary participants.

The effectiveness of batterers' programs is a widely debated issue. It is extremely difficult to alter life-long patterns of behavior and attitudes toward women. Beware of programs that promise a quick, easy cure.

Not All Programs Work

Batterers are often sent to "Anger Management" programs. Anger management is not the problem for most batterers. For example, if they get angry with their boss at work, they do not resort to violence; most often they wait until they get home and take it out on their partner. They are effectively managing their anger and choosing a target less likely to cause them negative consequences.

General Counseling

If a batterers' program is not available in your area, your partner may go to a general counselor. If possible, talk to the counselor to be sure the counselor knows about the abuse and that it is being

addressed in counseling. Counselors are as varied in their viewpoints as those in the general population. Be prepared for the possibility some counselors may find your abuser's behavior acceptable.

If you are considering leaving, doing so while the abuser is regularly seeing a counselor is a good idea. Your partner might be less likely to react in a violent or dangerous manner during that time.

Couples Counseling Not Appropriate

Should my partner and I go to couples counseling?

If you are in an abusive relationship, you should not attend counseling with your partner. Couples counseling can be a very helpful way for individuals in a non-abusive relationship to straighten out their differences. However, in an abusive relationship it is often unsafe for the victim of abuse to speak out about what's going on at home. The abuser may become enraged that the "family secrets" are being exposed or feel criticized, putting the victim at greater risk.

Going to couples counseling with an abusive partner also implies the victim has some responsibility for the abusive behavior. The only one responsible for the abuse is the abuser. No matter what you do or say, your partner has no right to use violence. Couples counseling creates the impression that somehow you can make your partner stop if you change your behavior. This is not true. Until your partner decides his abuse is wrong and must stop, no matter what you do, the abuse will not stop.

As suggested earlier, abusers need a program designed specifically for batterers. Once they have completed a program and all types of abuse have completely stopped, you may consider going to couples counseling. It is helpful for the victim to seek counseling and support for herself if she wishes.

Life should be
a rainbow of colors
red for passion
blue for loyalty
yellow for happiness.
Instead you showed me
the darker shades of these
red for your rage
blue for my sorrow
yellow for faded bruises.
But even though I know
the darker sides of colors
I can now choose to live
the colors of the rainbow.

-C.L.R. 1996

Chapter Six

Phone Directory

Nearly 25% of women report that they have been raped and/or physically assaulted by a current or former spouse, cohabitating partner, or date at some time in their life.

-U.S. Justice Department's National Institute of Justice (NIJ) and the Centers for Disease Control and Prevention (CDC) 2000.

No one deserves to be abused.

Back Cover

OASIS/Family Resource Center
Serving women and families in Wexford and Missaukee Counties

Individual and Community Services
Information and Referral
Individual Counseling
Domestic Abuse Program
Rape, Sexual Assault and Victim's Advocacy
Workshops/Special Programs/Support Groups
24 Hour Crisis Line (231) 775-7233
Long Distance Callers (800) 775-4646
Second Chance Resale Shop
Quarterly Newsletter
Emergency Shelter
Advocacy Services for Victims
Parent Education and Support

We are a nonprofit, community based membership organization funded by state, federal and local grants, United Way, individual and community donations, memberships and special project fund-raising. Donations of goods and services are also needed to support many programs. For more information on services, membership and/or tax-deductible donations, please call (231) 775-7299.

No person or persons will be discriminated against because of religion, sexual orientation, marital status, race, color, national origin, sex, age or handicap. Any person who believes that she/he has been discriminated against should notify the Executive Director or Board President immediately by calling (231) 775-7299.

If anyone you know is in an abusive relationship please let them know about this book and pass it on to them. Abuse escalates over time. Without intervention the chances for serious injury and death are very high.

Phone Directory

The OASIS/Family Resource Center serves Wexford and Missaukee Counties. Emergency and legal numbers are listed here for these 2 counties

OASIS/Family Resource Center

OASIS/Family Resource Center Administrative Office 231-775-7299
601 Chestnut St. Cadillac, MI 49601

OASIS Shelter 231-775-7233

For ALL Domestic Abuse/Rape/Sexual Assault Calls or for more information on services in your area

24 Hour Crisis Line 231-775-7233
Long Distance Callers 800-775-4646

Wexford County

Emergency 911
Sheriff Dept., Non-Emergency 231-779-9211
State Police 231-779-6040
28TH Circuit Court 231-779-9490
84TH District Court 231-779-9515
Prosecuting Attorney/Victim's Advocate 231-775-6231
Protective Services 231-779-4540
 Nights, Weekends, Holidays 800-704-1368
Family Independence Agency (FIA) 231-779-4500
Friend of the Court 231-779-9494

Missaukee County

Emergency 911
Sheriff Dept-Non-Emergency 231-839-4338
State Police 231-779-6040
Circuit Court 231-839-4967
84TH District Court 231-839-4950
Prosecuting Attorney/Victim's Advocate 231-839-3111
Protective Services 231-779-4540

Nights, Weekends, Holidays
Family Independence Agency (FIA)
Friend of the Court

800-704-1368
231-779-4500
231-779-9494

Other Helpful Numbers

Legal Aid for Wexford/Missaukee County
Parent Helpline
Statewide Domestic Abuse Hotline
 The actual number is 800-799-7233
 TDD for hearing impaired
Sexual Assault Helpline
Staircase Runaway & Youth (9 a.m.-5 p.m.)
 After 5 p.m.

231-941-0771
800-942-4357
800-799-SAFE

800-787-3224
800-666-3267
888-867-6086
800-292-4517