Creating Safety in the context of Domestic Violence/Intimate Partner Abuse

Agenda

◦ Welcome and Introductions
◦ Check-in and Safety Plans
◦ Why are we here?
◦ 2 Short Video clips (portions only)
◦ Panelist Presentations
◦ Questions and Answers
◦ Short Poll
◦ Resources
Panelist

- **Women Against Abuse (Recap)**
  - Olivia Hamilton, Children’s Case Manager
  - Tarin Kassover, Criminal Court Advocate

- **Acclaim Academy**
  - Kia Douglas, Director
  - Joe Martin, CEO

- **People’s Emergency Center**
  - Terry Summers, Case Manager

- **Women Against Abuse**
  - Prevention Program, Liz Coda, Community Educator, Prevention Team
  - Legal Department, Eileen Horgan, Supervising Criminal Advocacy Attorney

- **ODAAP**
  - Valencia Peterson, Founder and CEO
Panelist

- **City of Philadelphia Domestic Violence Strategies Program**
  - Rayna Gray, Domestic Violence Manager, Office of Health and Human Services, City of Philadelphia

- **Lutheran Settlement House**
  - Olivia Taduran, Counseling Supervisor: Counseling Program
  - Teresa Salinas, Medical Advocate: STOP IPV Program
  - Toby Fraser, Manager of Community Education: Masculinity Action Project
  - Gabby Jackson, IPV Teen Advocate: STAR Program/Teen Dating Violence Awareness Month
Why the conversation?

- It’s happening...
- Isolation...
- We wanted to continue the “Courageous Conversation...”
- Lunch and Learn discussion group participants shared...
Video may be triggering for some. Kindly keep your Safety Plan in mind while viewing.

Viola Davis’ Story

https://fb.watch/3uEn0JLTu8/
Lunch and Learn Recap

- Olivia Hamilton, Children’s Case Manager, WAA
- Tarin Kassoover, Criminal Court Advocate, WAA
CREATING SAFETY
Terry Summers, Case Manager

Paintings done by mothers through PEC's CHOP Art Program
Women Against Abuse

- Prevention Program
- Legal Services
Creating a Plan for Safety

Liz Coda (she/her)
Community Educator
lcoda@womenagainstabuse.org
Someone discloses domestic violence. What can you do?

- Listen without judgment.
- Believe the survivor.
- Respect all their decisions, even if you disagree.
- Make it clear: violence is unacceptable.
- Help the survivor recognize abusive actions and their effects.
- Offer practical assistance. Provide the DV Hotline number
- Do not intervene physically

1-866-SAFE 014:
24/7 Philadelphia Domestic Violence Hotline
A Plan for Safety

What is it?
- Predetermined list of ways a person can mentally or physically ensure they are safe
- Unique to each person

Why is it important?
 Certain topics, activities, or environments may be perceived as potentially threatening or dangerous, particularly if someone has experienced something traumatic in the past.

DV Hotline: 1-866-SAFE 014
(1-866-723-3014)
Two Main Focus Points

**Emotional**
- Mentally help them remain calm
- *Internal*; others may not be aware that the person is doing it

**Physical**
- Create safety around them
- *External*; involves a change in location, action, people, etc.

DV Hotline: 1-866-SAFE 014
(1-866-723-3014)
Short Term: Immediate to next 24 hours

Emotional
What can the individual do right away to increase safety and reduce immediate danger?

- Mantras
- Picture a safe, peaceful spot
- Deep breathing
- Mentally acknowledge power to maintain safety
- List people you trust

Physical
What does the individual have the power to change about their environment?

- Drink water
- Leave the room
- Identify safe people
- Note where the exits are
- Distract self: doodle, take notes, tap fingers, etc.

DV Hotline: 1-866-SAFE 014 (1-866-723-3014)
Midterm:
The next week

Emotional

How can the individual maintain that sense of safety?

- Practiced coping mechanisms
- Identify potential triggers to prep self mentally for exposure

Physical

What actions can the individual take to support carrying out their plan?

- Collecting documents for self and children
- Identifying list of services and resources
- Create options for relaxation, play, fun

DV Hotline: 1-866-SAFE 014
(1-866-723-3014)
Short Term: the next 24 hours
- Physical
- Emotional

Midterm: the next week
- Physical
- Emotional

Long Term: the next month to a year
- Physical
- Emotional

DV Hotline: 1-866-SAFE 014
(1-866-723-3014)
COVID-19 SAFETY PLANNING FOR DOMESTIC VIOLENCE SURVIVORS

IN-HOME STRATEGIES

1. “Safest Room”
   Identify a room or area in your home that is safest for you to go to in an argument. Think about a space where:
   - There are no weapons or more difficult access to weapons
   - Exits to the outside – like a window on the ground floor or to a fire escape ladder if there isn’t a door to the outside.
   - Make “safer rooms” where you can, by locking up, hiding, or putting weapons into harder-to-reach places.

2. Cell Phone Access
   Keep your cell phone on you at all times in case you need to call for help. Think about:
   - Keeping your charger nearby or having a backup charger.
   - Wearing clothing with pockets so you can easily carry your phone with you.

3. Important Documents
   Identify which documents are essential to you if you were to leave or not have access to them.
   - Take photos or make copies, saving them in a place that is safe and accessible to you.
   - Consider keeping a set of documents at a friend or family member’s home for safe keeping if that is available to you.

4. Medication and Food
   Keep essential medication in a safe and secure location. If you have children who have essential medication keep it as well.
   - If you had to leave quickly – is it in a place where you could easily grab it?
What Can You Do?

If you have a friend or a family member involved in a domestic violence situation, you cannot remain neutral.

You may be the only one who has access to the victim/survivor or the partner acting abusively and who can help them get support. It is not your role to be ‘the rescuer,’ but you can make a difference by providing practical and emotional support.

First of all, if you are worried, say something!! The abuse is not going to end by itself, and ignoring abuse may allow it to escalate. Demonstrate that you care. Keep the door open to providing help.

When helping a victim/survivor...
When helping a victim/survivor...

1. Listen without judgment. Express your concern.
2. Believe survivor accounts: Consider the level of danger.
3. Respect survivor decisions, even if you disagree.
4. Be clear that violence under any circumstance is unacceptable and they are not to blame.
5. Help the victim/survivor recognize abusive actions against them and the effects.
6. Offer practical assistance. Provide the number for the 24/7 Philadelphia Domestic Violence Hotline: 1-866-SAFE-014
7. Do not put yourself in danger by physically intervening. If you believe it is a safe option, call police.

When helping a partner who is acting abusively...

1. Let them know they are not a bad person but they need to stop bad behavior.
2. Explain they are hurting the people they love: partners or spouses, and especially their children.
3. Make them aware that their behaviors may be criminal and are dangerous.
4. Talk about consequences of their behaviors: hurting people, causing trauma, losing respect from others, and the potential for injury, death, and even lifetime dependency.
Thank you!

Liz Coda (she/her)
Community Educator
lcoda@womenagainstabuse.org
HOW TO FILE A PROTECTION FROM ABUSE (PFA) PETITION

Presented by:
Women Against Abuse Legal Center
Eileen Horgan, Esq.

February 2021
FILE BY PHONE

• File **BY PHONE** and receive assistance from the Family Court DV Filing Unit by calling:
  
  • 215-686-6311, ext. 19217.

• Staff in the DV Unit will be available from 8:00 A.M. to 4:00 P.M., Monday through Friday.

• To complete the PFA filing process in one-day, contact the DV Unit between 8:00 A.M. and 12:00 P.M.

• **SHERIFFS WILL ASSIST IN SERVING OPPOSING PARTY.**
  • Call 215-686-3542 for information on status of service.
FILE BY EMAIL

• File completed forms **BY EMAIL**. Pro se litigants can submit completed forms by emailing: **TempPFA@courts.phila.gov**.

• WAALC can provide clients with PFA petitions and offers filing assistance.

• Additional forms can be found on the court's website including petitions for contempt, extend and modify: **https://www.courts.phila.gov/forms/**

• **SHERIFFS WILL ASSIST IN SERVING OPPOSING PARTY**
FILE IN PERSON

• File **IN PERSON** at the CJC (1301 Filbert St.) for an **emergency PFA** after business hours and on the weekends.

• Emergency PFA relief will be available Monday through Thursday at the Stout Center for Criminal Justice beginning daily at 5:00 P.M. and until 8:00 A.M. the following day, and weekends from Friday at 5:00 P.M. to the following Monday at 8:00 A.M.

• *******SHERIFFS WILL NOT ASSIST IN SERVING OPPOSING OTHER PARTY*******
FAQS

• Why does the phone in the filing unit keep ringing?

• What if I don't have a computer/smart phone?

• What if the Sheriffs were unable to make service? How will I know if the Sheriffs successfully served my PFA?
NEW TOOLKIT FOR DISCUSSING SEXUAL VIOLENCE WITH STUDENT ATHLETES

Wednesday, February 17, 2021
11am PST/2pm EST
HIGH SCHOOL TOOLKIT

Looking for a way to discuss sexual assault prevention with your student athletes? Developed by the nationally recognized Roll Red Roll Impact campaign and in collaboration with a coalition of experts, this toolkit prepares coaches, administrators, and counselors to discuss these issues simply and clearly with student athletes. It includes important background information for facilitators, key questions and prompts for discussion. This toolkit is a resource you can use to help educate athletes about sexual assault, rape culture and how they can play an active role in rape prevention. Student athletes have the potential to affect not only their own beliefs and behavior, but that of their teammates and the school as a whole. Your leadership will have ripple effects in the community.

Please fill out the form below and the Roll Red Roll team will send you a copy of the High School Toolkit. Please note that this is a shorter guide created for high schools which contains significantly fewer clips than the Toolkit for College Athletic Administrators, Coaches and Counselors.
"How likely are YOU to do something to try and stop what's happening if a friend or another guy is showing other people sexual messages or naked/sexual pictures of a girl on a cell phone or the internet?"
Highlighted in various news broadcasts and media outlets.

**A Few Spotlights:**

- 6ABC.com
  - [https://6abc.com/community-events/meet-the-woman-teaching-philly-teens-respect-for-women-others/5498705/](https://6abc.com/community-events/meet-the-woman-teaching-philly-teens-respect-for-women-others/5498705/)
- FOX 29 News
  - [https://www.fox29.com/video/832607 Coaches Against Gun Violence holds a rally outside City Hall](https://www.fox29.com/video/832607)
- Bucks County DA’s Office
  - Tackling Domestic Abuse with 'an Ounce of Prevention'
- Huffington Post
  - 'Coach of Culture' inspires championship change in PA high school
- Philadelphia Inquirer
  - Can a Philly-area high school course help prevent intimate partner violence? 'CoachV' thinks so.
- I. C. U. Girls Program:
Lutheran Settlement House

- Olivia Taduran, Counseling Supervisor: Counseling Program
- Teresa Salinas, Medical Advocate: STOP IPV Program
- Toby Fraser, Manager of Community Education: Masculinity Action Project
- Gabby Jackson, IPV Teen Advocate: STAR Program/Teen Dating Violence Awareness Month
Lutheran Settlement House BDVP

1340 Frankford Avenue
Philadelphia, PA 19125
215.426.8610
lutheransettlement.org
LSH’s Bilingual Domestic Violence Program provides free, quality counseling services in English and Spanish for victims and survivors of domestic and dating abuse regardless of gender or sexual orientation.

Intake: 215-426-8610, ext. 1236

Olivia Taduran, Counseling Supervisor
otaduran@lshphilly.org
LSH partners with local hospitals to provide on-site counseling for staff, patients, and their families. Advocates assist with IPV screening, policy review, and training for healthcare professionals.

Teresa Salinas, Medical Advocate
tsalinas@lshphilly.org
The Masculinity Action Project (MAP) is a comprehensive Philadelphia city-wide program seeking to engage anyone who identifies with masculinity as advocates against violence.

Toby Fraser, Manager of Community Education
tfraser@lshphilly.org
STAR (Students Talking About Relationships) is an after school program for student leaders who want to have fun and help their peers learn about healthy relationships and sex.

Luvonda Fuller, STAR Ambassador
Gabby Jackson, IPV Teen Advocate
gjackson@lshphilly.org
February

Teen Dating Violence Awareness Month

Free & confidential Teen Dating Violence Counseling is available for youth ages 14-24 who are, or have been, abused in a dating relationship

Check out our Teen Resource Guide

Learn more at loveisrespect.org

What to Expect

Understanding of intimate partner dynamics
Focus on resiliency and empowerment
Create goal plans for healthy relationships
Connection to additional resources
#1 Teen Resource Guide
Philly Edition

**Need Counseling?**

Lutheran Settlement House
1340 Frankford Ave
P: 215-426-8610
Eligibility: Experiencing (past/present) Intimate Partner Violence

The Attic (LGBT Friendly)
295 S. 16th Street
P: 215-945-4131

**Need Shelter?**

Covenant House
31 East Armit Street
P: 310-855-4673

Youth Emergency Shelter
1526 Fallmount Ave
P: 215-787-0633

CTSH Youth Shelter (Ages 14-17)
578 Pl Thomas Ave
P: 267-969-7272 x 104

Philadelphia Domestic Violence Hotline
P: 215-386-1280

Youth In Need
P: 636-946-3772

**Other Helpful Resources...**

Mazzoni Center (Ages 14-24)
1348 Bainbridge Street
P: 215-563-0652 x 323

Love Is Respect
P: 866-331-9474 or text LOVEIS to 22522

Juvenile Law Center
1315 Walnut Street
P: 215-625-0551 x 1315

Youth Health Empowerment Project - (Y-HEP)
1417 Locust Street
P: 215-344-1632

1 out of 3 teens identify as being in an intimate partner violence relationship.
resources
resources

Hotlines
24/7 Philadelphia Domestic Violence Hotline
866-723-3014

24/7 National Domestic Violence Hotline
800-799-7233

thehotline.org

Intake line
Virtual counseling for adult & children
215-426-8610 ext. 1236

(For clients with no phone access, walk-in at LSH Monday-Friday from 9am-3pm to speak with a counselor on the phone)

Stay connected

@LSHPhilly
twitter +
instagram

@lutheransettlementhouse
facebook
CREATING SAFETY

✔ Look for the podcast!
✔ Make connections
✔ Be a ‘Safe Place’
✔ Someone may need you
QUESTIONS AND ANSWERS
Resources will be available

CHECK THE CHAT  EMAILED  PODCAST  TAKE A SCREENSHOT!
POLL
THANKS FOR JOINING THE CONVERSATION